



THE CENTER FOR COGNITIVE THERAPY

OLD TOWN ALEXANDRIA

FALLS CHURCH

“Transition to Adulthood”

Group therapy via telehealth

Thursdays

5:30pm for 90 minutes

This group will be ideal for young adults (18+) to address issues and skills around the developmental goals of independence, identity, responsibility, and socialization. Group therapy can be used as the main treatment approach or used along with individual therapy, as these interventions stimulate growth in different but complementary ways. Young adults may find validation and motivation from peers experiencing similar challenges.

Parents of group members are also invited to attend two 2-hour meetings with other parents to set appropriate limits, improve communication, and help their young adult achieve milestones.

\$120 per session

A series of 12 group meetings

2 parent group meetings

Group leaders – Dr. Alexis Herman and Dr. Brooke Stroud

Contact Dr. Stroud at bstroud@centerforcbtva.com and/or Dr. Herman at lherman@centerforcbtva.com for more information.