

The Charlotte Group Therapy Networker

A RESOURCE FOR PROFESSIONALS AND CLIENTS PROVIDING
INFORMATION ON AVAILABLE PSYCHOTHERAPY GROUPS

WINTER/SPRING
2009

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ADULT ADD/ADHD GROUP: Don't Just Mope—Learn To Cope! This 6-week, 90-minute group combines instruction with process. Participants will learn information about adult attention deficit disorder that will help them understand themselves, their relationships, and their behaviors. The group will discuss positive aspects of ADD/ADHD and ways to capitalize on the strengths related to ADD/ADHD. Compensation skills such as realistic planning, time management, and impulse control strategies will be taught.

Group Type: Men and Women, psycho-educational **Time:** Thursdays 5 to 6:30 pm
Cost: \$60 per week/session (6 sessions) **Location:** Southpark area: 6809-D Fairview Rd
Group Leader: Jan Thompson, MEd • 704-365-7777X316 • jthompson@camvalley.com

ANXIETY MANAGEMENT GROUP: This 4-week, 90-minute group will provide education, experience and practice in anxiety management techniques, including deep breathing, progressive muscle relaxation, visualization, managing negative self-talk, and mindfulness skills.

Group Type: Men & women, time limited, psycho-educational **Cost:** \$60 per week/session
Time: Mondays 5:30-7 pm **Location:** Cotswold area: 4425 Randolph Road, Ste 411
Group Leader: Nona Patterson, PhD 704-366-3400 • drnonapatterson.com

BRAIN INJURY SUPPORT GROUP (Higher Functioning With Acquired Brain Injury) Participants must be interviewed by P. Jeffrey Ewert, Ph.D., prior to joining group. An initial individual session would be required. If insurance is to be filed, be sure to check that we are in-network with your mental health plan. Most insurance plans require an authorization for individual and group sessions. Most group sessions are also included with your total for the calendar year when filing with insurance. Please note our office is located on the second floor. No elevator.

Group Type: Men & Women **Time:** Fridays, 2 group sessions-1:00 pm and 2:00 pm
Cost: \$60.00 per session (self-pay) **Location:** Southpark Area: 6853 Fairview Rd, Ste B
or appropriate co-pay with insurance.

Group Leader: P. Jeffrey Ewert, PhD, A.B.P.P. • 704-366-9930
Carolina Neuroservices-neuroservices@bellsouth.net

DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS TRAINING GROUP:

For the treatment of Borderline Personality Disorder, and chronic mood and anxiety disorders. DBT training consists of 4 skill sets taught in 9-week-long modules. Completion of all skill sets takes 27 weeks. However, individuals may enroll in one module at a time. Core-mindfulness skills reduce confusion about self and raise self-awareness; Distress Tolerance skills decrease impulsivity, self-harm and hospitalizations; Emotion Regulation skills decrease mood swings, and increase emotional tolerance and stability; Interpersonal effectiveness skills lessen interpersonal chaos and increase assertiveness skills. Requirements: A screening session and ongoing individual therapy while attending the group. NOTE: Therapists conducting individual sessions do not have to be DBT trained.

Group Type: Men and women, ongoing, psycho-educational, 18 years and up. **Time:** TBA
Cost: \$40 per session. A reduced rate is offered for paying in full at the start of each module
Most insurance is accepted **Location:** South Charlotte: 10720 Carmel Commons Blvd, Ste 330
Group Leader: Kristi Knox, MA, LPC • 704-651-9639 • kristiknox@gmail.com

WEIGHT MANAGEMENT - TAKE IT OFF/KEEP IT OFF:

A Cognitive-Behavioral Group for Weight Loss and Maintenance. Over the course of this 16-week structured group (Take it Off 8 weeks/Keep It Off 8 weeks), group participants will learn skills to change eating behaviors and thinking patterns that interfere with weight-loss success. They will develop the necessary skills to lose weight, cope better with cravings, plan nutritious meals and snacks, stop emotional eating, and challenge those thoughts that get in the way of successful weight loss and healthy eating. Participants will also learn stress management skills, problem solving skills, self-monitoring, and mindfulness skills, and how to maintain motivation for lifestyle change. Participants will make a 10-week commitment (Take It Off Group) and may choose to continue with the 6-week Keep It Off session, which will immediately follow.

Group Type: Men & women, time limited, psycho-educational **Time:** evening & lunch time 75 min
Cost: \$320 per 8-week session **Location:** Cotswold area: 4425 Randolph Road, Ste 411
Group Leaders: Holly Savoy, PhD • 704-362-4041 • drhollysavoy.com
Nona Patterson, PhD, & Sara Ellett, PhD • 704-366-3400 • drnonapatterson.com
Melissa Miller, PsyD • 704-365-1844 • millerpsych.com



Rob Adelman, LCSW

MIDDLE SCHOOL BOYS' THERAPY GROUP: This ongoing, process-oriented group is designed to promote healthy relationships, greater self confidence, and the ability to cope amidst the challenges of early and middle adolescence. Topics discussed include peer difficulties, social anxiety, ADHD, coping with anxiety and depression, parent-child conflict, and academic concerns. The primary focus is on the development of healthy relationships and how to better manage the stressors of middle school. Participants are boys in grades 5-8. The group can be the primary therapy or an adjunct to individual and/or family therapy.

Group Type: Males, grades 5-8, ongoing, process-oriented group **Time:** Tuesdays 4-5:15pm

Cost: \$65 per week/session

Location: Cotswold area: 417 South Sharon Amity Rd

Group Leader: Rob Adelman, L.C.S.W. • 704-364-0452 X.2 • radelman@charlottepsychotherapy.com



Melinda Harper, PhD

GIRLS' SELF-ESTEEM & SOCIAL SKILLS GROUP: This ongoing group will promote self-confidence, teach problem-solving skills, and help participants develop conflict management skills. Participants will gain self-awareness that will facilitate insight into their own feelings and teach them how to communicate feelings appropriately. Learning effective communication, problem-solving skills, and developing conflict management skills will help group participants decrease acting out behaviors and improve social interactions with peers and adults. Additionally, they will learn how to manage peer pressure and acquire leadership skills.

Group Type: Girls self-esteem & social skills, ages 10-12 **Time:** Every other Tuesday from 5-6 pm

Cost: \$50 per session

Location: Southpark Area: 4950 Park Rd

Group Leader: Andrea Miller, MS, EdS, LPC, RPT • 704-523-4881 • steppingstonescounseling@gmail.com

SteppingStones Counseling & Consulting of Charlotte



Kim Ferguson, PsyD

CHILDREN'S SOCIAL SKILLS GROUP: These groups will utilize fun, active, high-interest structured and unstructured activities in a play setting to promote a wide range of social skills including turn taking/listening (i.e. communication skills), better participation in group peer activities, following multistep directions for productive play, body awareness skills, conflict resolution and self-control for cooperative play, "being a friend" skills, practicing nonverbal communication skills, "keeping on track," and focusing skills.

Group Type: Boys and girls ages 5-6
Girls ages: 9-11

Time: Mondays 4-4:45 p.m.

Time: Tuesdays 5-5:45 p.m.

Cost: \$60 per week/session

Location: Southpark area: 4012 Park Road. Ste 200

Group Leader: Kim T. Ferguson, Psy.D. • 704-332-4834 X. 32

ART THERAPY GROUP FOR GIRLS: This expressive-arts process group is designed to provide a creative outlet for girls to explore healthy relationships with peers and adults, enhance self-esteem, build trust and empathy, and establish effective ways for coping with life challenges arising during the difficult adolescent transitional period at home, school, and in the community. Art activities will be utilized as a way to encourage healthy expression and creativity, serving as a vehicle for developing connections and providing a reference point from which to share ideas, thoughts, and feelings. This group is appropriate for girls who may be experiencing anxiety, depression, grief/loss, lack of positive peer interaction, low self-esteem, body image issues, academic challenges, and/or family difficulties.

Group Type: Girls ages 10-13, ongoing, expressive-arts process group **Time:** Tuesdays 4:00 to 5:15 pm

Girls ages 14-17, ongoing, expressive-arts process group **Time:** Thursdays 4:30 to 5:45 pm

Cost: \$65 per session, most insurance accepted

Location: Cotswold area: 3303 Latrobe Dr

Group Leader: Amy Roberts, Psy.D. • 704-362-2663 X. 126 • aroberts@eastpsych.com

Eastover Psychological and Psychiatric Group, P.A. • www.eastoverpsych.com



Amy Roberts, PsyD

SEXUAL ABUSE SURVIVOR'S PROGRAM: The Behavioral Health Center would like to announce the Sexual Abuse Survivor's program which is designed for children and adolescents 7 through 17 years old who have experienced sexual abuse and are exhibiting signs of posttraumatic stress, depression and other abuse related difficulties (e.g., inappropriate sexual boundaries, problematic fears, anxiety, and social isolation). We would prefer that children be referred for treatment following an investigation conducted by child protection or law enforcement personnel in which allegations of child abuse are found to be substantiated. The program is designed to help children overcome the behavioral and emotional difficulties often associated with child sexual abuse within a group format. Group-based psychotherapy can be particularly powerful for sexual abuse victims; when they are exposed to other victims they subsequently do not feel so alone. In addition to groups for the youth there is a non-offender caregiver support group once a month, to support the caregivers through the process. All groups are 8-12 weeks long and meet once a week for 90 minutes.

Group Type: Mixed gender for 7-9 year old.

Time: Tuesdays 4-5:30 PM

Girls only for 10-12 year old.

Girls only for 13-17 year old

Cost: Most insurance including Medicaid accepted

Location: Cotswold Area: 501 Billingsley RD

Group Leader: Antoinette Souffrant, LCSW, CSAC 704 444-2489



Randy Wall, PhD

ADOLESCENT THERAPY GROUP: This ongoing process-oriented group is designed to promote healthy psychological growth as adolescents navigate the challenges of this developmental period. Topics discussed include peer difficulties, social anxiety, coping with depression, parent-child conflict, and academic concerns. The primary focus is on the development of healthy relationships to mitigate the effects of stress. Participants are high school age (15-18) and typically involved in individual and/or family therapy with a primary therapist.

Group Type: Males & females, ages 15-18, ongoing, process-oriented group **Cost:** \$65 per week/session
Time: Thursdays 4-5:30 pm **Location:** Cotswold area: 417 South Sharon Amity Rd
Group Leaders: Randy Wall, PhD, & Melinda Harper, PhD • 704-364-0452 • charlottepsychotherapy.com

ADOLESCENT COPING PROGRAM: The Behavioral Health Center would like to announce a program available to adolescents (ages 13-17) and their caregivers called the Adolescent Coping Program (ACP). ACP provides Dialectical Behavior Therapy and skills groups to adolescents whose primary difficulty is emotional dysregulation. ACP is designed to treat adolescents who display such problems as self-injurious and life-threatening behaviors, suicidal ideation, poor impulse control, running away, stealing, lying, low frustration tolerance, interpersonal conflict, poor sense of self, and high-risk sexualized behaviors. In addition, adolescents who display secondary problems with disordered eating and substance abuse may be appropriate. Adolescents and their caregivers are taught adaptive coping skills to include interpersonal effectiveness, distress tolerance/reality acceptance, emotion regulation, and mindfulness during weekly skills groups and individual/family therapy sessions.

Group Type: Mixed gender, adolescent, ongoing, mixed process/psycho-educational
Cost: \$72 per week/session (avg. 16 sessions) Most insurance including Medicaid accepted
Time: Mondays 4 -5:30pm or Tuesdays 4:30-6 pm **Location:** Cotswold area: 501 Billingsley Rd
Group Leaders: Jennifer Krance, PsyD • 704-358-2922 • & Amanda McGough, PhD (704-358-2930).

ADOLESCENT EATING DISORDERS SUPPORT GROUP: This ongoing support group is designed to promote recovery from eating disorders. Group will focus on relapse prevention, healthy coping skills, and validation/normalization of thoughts and feelings.

Group Type: Males & females, ages 13-18, ongoing support group. **Time:** Tuesdays 5-6 pm
Cost: \$35 per week/session **Location:** Dilworth area: 505 East Blvd Ste 200
Group Leaders: Susan E. Gessner, LCSW • 704-378-1390 • Charlotte Center for Balanced • www.charlottebalance.com

Parenting Groups

4 KID'S SAKE PARENTING PROGRAMS: CPR (Child-Parent-Relationship) Group: This parenting group will improve your relationship with your child(ren), increase your confidence as a parent and decrease your frustration. In 10 weeks you will gain an understanding of your child's developmental ages and stages, learn positive discipline techniques that work, and learn how to teach responsibility while improving your child's self-esteem. You will see a noticeable difference in your relationship with your child, your child's behavior, your ability to respond effectively and your confidence in your parenting skills.

Group Type: Parents of children ages 2-14 psycho-educational, experiential
Cost: \$60 per session ind./\$85 per session for couples
Time: Wednesdays 11-12:30 – Bring your lunch, 10 weeks
Location: Peer In Counseling, South Charlotte, 8000 Corporate Center Drive, Ste 109
Group Leaders: Leslie Petruk, MA, LPC, NCC • 704-523-4881
 Andrea Miller, MS, EdS, LPC, RPT • steppingstonescounseling@gmail.com

PARENTING & RECOVERY DURING AND AFTER THE DISSOLUTION OF AN UNHEALTHY MARRIAGE: This group will provide support and address the common pitfalls of parenting while going through a hostile divorce and how to empower yourself and your child(ren). You will learn how to co-parent with an uncooperative ex-spouse and gain understanding into what your child(ren) are experiencing, how divorce impacts them and how you can help them with the impact on their lives. Helping you to recover, deal with your grief along with that of your child(ren)'s, and renew your confidence in yourself and in your parenting role is also a main focus of this group.

Group Type: Women's process & psycho-educational **Day/Time:** TBD
Cost: \$55 per session **Location:** Southpark Area: 4950 Park Rd
Group Leader: Leslie Petruk, MA, LPC, NCC 704-523-4881 X. 21 • steppingstonescounseling@gmail.com

GAY MEN'S THERAPY GROUP: This Gay Men's Therapy group focus on relationship skills, coming out issues, work, isolation, creating reasonable expectations, and other issues related to life in Charlotte as a gay man. The group has been meeting for two years and needs four new members. Age range 30-60.

Group Type: This process group is for gay men only. **Time:** Mondays 6:30-8 pm
Initial commitment is for 12 weeks

Cost: \$50 per session **Location:** Dilworth area: 212 C East Tremont in Dilworth
Group Leader: Bob Barret, PhD • 704-458-3391 • bob@docbb.com



Bob Barret, PhD

MEN'S THERAPY GROUP: This process-oriented group is designed to help men become more self-aware and overcome emotional isolation. Topics discussed include problematic relationships; managing anxiety and depression; communicating emotions, especially the appropriate expression of anger; being assertive, and dealing with grief. The primary focus, however, is learning about oneself through the interactions and relationships with fellow group members. While research has shown that men are less likely than women to discuss personal problems, in an all male group participants can discover the universality of men's experience and feel less alone and isolated.

Group Type: Men, ongoing, process-oriented group **Time:** Wednesdays 8-9:30 am
Cost: \$65 per session/week **Location:** Cotswold area: 417 South Sharon Amity Rd

Group Leaders: Randy Wall, PhD • 704-364-0452 • charlottepsychotherapy.com
Joe Parisi, PhD • 704-362-1555 • www.drjoeparisi.com



Joe Parisi, PhD

Women's Groups:

INSIGHT: A GROUP FOR WOMEN: This 12-week group promotes self-esteem, improved relationships, and the development of strength for women who experience distress associated with depression and anxiety. The group uses cognitive therapy techniques and a supportive process to help women to disable self-critical thinking patterns and establish a sense of competence and authority in life. Women with relationship stress, self-doubt, fatigue, irritability, anxiety, grief, or reduced hope are offered communication skills, conflict management, assertiveness, stress management, emotional skills and support to help put life back into balance.

Group Type: Women, time limited, psycho-educational/process **Time:** Tuesdays 7-8:30 pm
Cost: \$50 per session/week (12 sessions) **Location:** Dilworth area: 517 East Blvd
Group Leader: Susan Morrow, LCSW • 704-332-5153 • <http://susanmorrow.us>



Susan Morrow, LCSW

WOMEN AND DIVORCE: This group provides support, education and a safe place for women dealing with divorce to talk about their experiences. Women in all different stages of the separation/divorce process are welcome.

Group Type: Adult female, time-limited (12 sessions), process group **Time:** TBD
Cost: \$50 per week/session **Location:** Crown Point area: 9930 Monroe Rd
Group Leader: Susan Ann Varady, Ph.D. • 704-847-4826
susan@susanvaradyphd.com • www.susanvaradyphd.com



Susan Ann Vardy, PhD

ADULT SURVIVORS OF SEXUAL ABUSE: This group provides support, education and a safe place for women dealing with the repercussions of childhood sexual abuse to talk about their experiences. Group members will also learn from one another, reducing isolation and shame.

Group Type: Adult female, time-limited (12 sessions), primarily a process group with some psychoeducation. **Time:** TBD
Cost: \$50 per week/session **Location:** Crown Point area: 9930 Monroe Rd
Group Leader: Susan Ann Varady, PhD • 704-847-4826
susan@susanvaradyphd.com • www.susanvaradyphd.com



Amy Combs, PsyD

WOMEN'S SUPPORT GROUP: This ongoing support group is offered to women in their 30s, 40s and 50s focusing on empowerment, validation of feelings, and connection. Perfect for women in the midst of life transition, experiencing losses, or just feeling a lack of emotional support around life events.

Group Type: Females, ages 30s, 40s & 50s **Time:** Mondays 5:30-6:30 pm
Cost: \$35 per session/week **Location:** Dilworth area: 505 East Blvd, Ste 200
Group Leaders: Amy Combs, PsyD • 704 378-1390 • www.charlottebalance.com

Brief Notes: Below are very brief descriptions of groups previously listed in the Charlotte Group Therapy Networker – please call for more information or refer to previous publications.

MIXED GENDER GROUPS:

Family of Origin Group: This group is appropriate for individuals who grew up in family systems in which there was alcoholism and /or physical, sexual, or emotional abuse or neglect. For more information call Donna M. Davis, LCSW, LMFT, SEP • 704-333-3341

H.U.G.S. (Healing and Understanding of Grief from Suicide): This is a free support group for people who have lost someone to suicide. For more information call 704-541-9011

Reel to Real Movie Group: Participants will watch mainstream and independent films to increase self-awareness, challenge unhelpful beliefs, and connect with individuals. For more information call Michael Kahn, LPC, JD 704-962-8023 • www.reeltoreal.biz

Social Anxiety Group: This group is designed to help combat social anxiety. Education, along with guided exposure and practice will be used to help identify and manage behaviors that interfere with social functioning and implement alternative strategies to address them. For more information call Michelle K. Collins, PhD • 888-983-7771 • actnowpsychotherapy@hotmail.com

Stress Management Training: This 6-week, 90-minute group combines instruction with process. For more information call Franny Goshtasbpour, PhD • 704-497-5108

COUPLES/PARENTING GROUPS:

Couples' Communication Training: This group is designed to help couples learn more effective ways to communicate, to increase the probability of healthy conflict resolution. The group is designed for both partners to attend together. For more information, call Franny Goshtasbpour, PhD • 704-497-5108

Parenting Class: This 8-week, 90-minute class is designed to help parents regain control, minimize unwanted behaviors, and improve their relationships with their child(ren) at the same time. For more information, call Michelle K. Collins, PhD • 888 983-7771

Support Group for Parents of Recently Diagnosed Children: This group is designed for parents who have in the past year been faced with receiving a mental health or learning disability diagnosis for a child. For more information call Franny Goshtasbpour, PhD • 704-497-5108

MEN'S GROUPS:

Male Survivors of Severe Childhood Trauma/Sexual Abuse: This group is appropriate for men with severe childhood trauma whose symptomatology includes significant sexual and relationship struggles. Co-led by male and female co-therapists, the group provides opportunities to work through the impact of childhood trauma as well as to practice new behaviors in a therapeutic context. For more information call Donna M. Davis, LCSW, LMFT, SEP • 704-333-3341 or Bob MacCaugherty, PhD • 704-527-1220 • <http://www.resourcefulcoping.com>

WOMEN'S GROUPS:

20s Eating Disorders Support Group: This group will focus on issues particular to women in their 20s, such as managing college, first jobs, and relationships, while working to recover from an eating disorder. For more information call Susan E. Gessner, LCSW • 704-378-1390 www.charlottebalance.com

30s-40s Eating Disorders Support Group: This group will focus on issues particular to women in this age group such as the impact of the eating disorder on their families, careers, and general health and wellness. For more information, call Amy Combs, PsyD • 704 378-1390 • www.charlottebalance.com



Jan Thompson, MEd



Nona Patterson, PhD



Holly Savoy, PhD



Melissa Miller, PsyD



Sara Ellett, PhD



Becky Knight, MPH

SHARE (Supporting HSV/HPV Awareness, Resources and Education): This monthly support group is for the many individuals in the Charlotte area who are learning to live with Herpes and/or HPV. Diagnosis of a Sexually Transmitted Infection can be devastating and people often withdraw from social and romantic situations. This group provides a safe place to talk about the grief, shame, and questions that accompany a diagnosis.

Group Type: Men & Women, ongoing **Time:** First Wednesday of each month, 6:30-8:00 pm
Cost: \$10 per session **Location:** Dilworth area: 2125 Southend Dr, Ste 350
Group Leader: Becky Knight MPH • 704-377-2022
 Sensovi Institute, info@sensovi.com • www.sensovi.com/share



Lisa Terrell, RN, LPC

E-Sensual Woman: Exploring the Sensual Side of Every Woman! This ongoing group supports women who want to learn more about their sexuality. It is particularly helpful for women with arousal or orgasm difficulties, who experience painful intercourse, or who lack knowledge about their bodies and their sexuality. Each class consists of an educational component, small group discussion, and a Q&A time with Dr. Lisa Terrell, a counselor and sex therapist. Many women choose to also participate in the E-Sensual Woman online program that includes learning modules and a private diary.

Group Type: Women, ongoing **Time:** Second Wednesday of each month, 6:30-8:30 pm
Cost: \$12 per session **Location:** Dilworth area: 2125 Southend Dr, Ste 350
Group Leaders: Dr. Lisa Terrell, RN, LPC & Becky Knight MPH • 704 377-2022
 Sensovi Institute • info@sensovi.com • www.sensovi.com/esw

Charlotte Sexual Health – for Professionals: Professionals interested in increasing their sexual health expertise have been gathering for Charlotte Sexual Health meetings since 2003. At each meeting, an expert from the community presents on a particular aspect of sexuality. Recent topics have included menopause, vulvar pain, and respecting religious beliefs while addressing sexual concerns. Members of AASECT can receive continuing education credits for attending. The presentations are open to everyone but are particularly relevant to counselors, sex therapists, educators, and health professionals.

Group Type: Professionals **Time:** Second Thursday of each month, 12:30-1:30pm
Cost: \$12 per session (first-time attenders free) **Location:** Dilworth area: 2125 Southend Dr, Ste 350
Group Leaders: Dr. Lisa Terrell, RN, LPC & Becky Knight MPH 704 377-2022 Sensovi Institute,
info@sensovi.com • www.sensovi.com/csh

Charlotte Group Therapy Networker
 4424 Randolph Road, Ste. 411
 Charlotte, NC 28211



The Charlotte Group Therapy Networker is a collaborative marketing publication which is distributed to psychologists, psychiatrists, social workers, licensed professional counselors, EAP counselors, hospital staff, school counselors, primary care physicians, pediatricians, and family law attorneys in the Charlotte area. Licensed mental health professionals are invited to participate in the Charlotte Group Therapy Networker. For information on listing a group, please contact Nona Patterson, PhD, at DrNLPatterson@mac.com.