

# The Charlotte Group Therapy Networker

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

Fall 2008

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**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 **Time:** Thursdays 4-5:30 pm  
**Cost:** \$65 per week/session **Location:** Cotswold area: 417 South Sharon Amity Rd  
**Group Leaders:** Randy Wall, PhD, & Melinda Harper, PhD • 704-364-0452 • [charlottepsychotherapy.com](http://charlottepsychotherapy.com)

**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, & Tara Tozzi, PsyD • 704-378-1390  
Charlotte Center for Balanced Living • [TTozzi@charlottebalance.com](mailto:TTozzi@charlottebalance.com)

**Adolescent Coping Program:** The Behavioral Health Center would like to announce a new program available to adolescents (ages 13-17) and their caregivers called the Adolescent Coping Program (ACP). ACP provides Dialectical Behavior Therapy (DBT) and skills groups to adolescents whose primary difficulty is emotional dysregulation. ACP is designed to treat adolescents who display problems such 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  
**Time:** Mondays 4:30-6 pm or Tuesdays 5-6:30 pm **Location:** Cotswold area: 501 Billingsley Rd  
**Cost:** \$72 per week/session (avg. 16 sessions) Most insurance including Medicaid accepted.  
**Group Leaders:** Jennifer Krance, PsyD • 704-358-2922, & Amanda McGough, PhD • 704-358-2930

**Teenage Girls' Guide to Success Workshop:** This workshop is designed to prepare rising ninth through twelfth grade girls with the necessary tools to master the many challenges of life. Teenage girls have very unique challenges, and this workshop will allow them to candidly reveal their fears, hopes, and goals as well as learn skills to help them succeed in high school and beyond. This workshop will incorporate principles from the national bestseller book, "The 7 Habits of Highly Effective Teens," by Sean Covey. Teenage girls will have the opportunity to engage in discussion, participate in role-playing exercises, and practice skills outside of group.

**Group Type:** Females, 14-18 years old, psycho-educational **Time:** Thursdays 4-5:20 pm  
**Cost:** \$180 per 4-week session **Location:** Cotswold area: 4425 Randolph Rd, Ste 411  
**Group Leaders:** Chasity Adams, PsyD, & Nona Patterson, PhD • 704-430-8455 • [drchasityadams.com](http://drchasityadams.com)

**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. Education, along with role-playing and a lighthearted, structured approach will be used to improve compliance, desired behaviors, and relating. Learn how to "reach" children using supported behavioral techniques and relationship building. Additional dates and times may be offered.

**Group Type:** Parents of children ages 4-14 **Time:** Wednesdays 5:30-7 pm  
**Cost:** \$65 per week/session (8 sessions) **Location:** Cotswold area: 4425 Randolph Rd, Ste 411  
**Group Leader:** Michelle K. Collins, PhD • 888 983-7771 • [actnowpsychotherapy@hotmail.com](mailto:actnowpsychotherapy@hotmail.com)



**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>

**20's Eating Disorders Support Group:** This ongoing support group is offered to women in their 20's focusing on recovery. This group will focus on issues particular to women in their 20's, such as managing college, first jobs, and relationships, while working to recover from an eating disorder.

**Group Type:** Females, ages 20-29 **Time:** Wednesdays 5-6 pm  
**Cost:** \$35 per session/week **Location:** Dilworth area: 505 East Blvd, Ste 200  
**Group Leaders:** Susan E. Gessner, LCSW, & Tara Tozzi, PsyD • 704-378-1390  
 Charlotte Center for Balanced Living • [TTozzi@charlottebalance.com](mailto:TTozzi@charlottebalance.com)

**30's-40's Eating Disorders Support Group:** This ongoing support group is offered to women in their 30's and 40's. This group will focus on issues particular to women in this age group who may have struggled with an eating disorder for a decade or longer. Issues covered will include the impact of the eating disorder on their families, careers, and general health and wellness.

**Group Type:** Females, ages 30-49. **Time:** Tuesdays 11am-12 pm  
**Cost:** \$40 per session/week **Location:** Dilworth area: 505 East Blvd, Ste 200  
**Group Leader:** Amy Combs PsyD 704 378-1390  
 Charlotte Center for Balanced Living • [ACombs@charlottebalance.com](mailto:ACombs@charlottebalance.com)

**Women's Support Group:** This ongoing support group is offered to women in their 30's, 40's and 50's 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 30's, 40's & 50's **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, & Tara Tozzi, PsyD • 704 378-1390  
 Charlotte Center for Balanced Living • [TTozzi@charlottebalance.com](mailto:TTozzi@charlottebalance.com)

**Couples' Communication Training:** This 6-week, 90-minute group combines instruction with process. It is designed to help couples learn more effective ways to communicate, to increase the probability of healthy conflict resolution. Homework assignments and group exercises will be used to teach and practice healthy communication techniques. The group is designed for both partners to attend together. If there is a need a Gay/Lesbian Couples' Communication Group will be offered.

**Group Type:** Men & women, time limited, psycho-educational **Time:** Wed 7-8:30 pm  
**Cost:** \$80 per session/week per couple **Location:** Dilworth area: 1616 Cleveland Ave, Ste 201 **Group Leader:** Franny Goshtaspour, PhD • 704-497-5108

**Support Group for Parents of Recently Diagnosed Children:** This 8-week, 90-minute group combines discussion of specific topics agreed upon by group leader and members during the first session. 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. Each session the group leader will offer educational information about the topics of interest (i.e., book/article suggestions, teach coping techniques, etc), followed by process-oriented discussion. It is preferable that both parents attend together, but if one parent is resistant and the other feels s/he needs support, s/he is welcome to join. (Other dates/times will be offered as needed)

**Group Type:** Men & women, time limited, psycho-educational  
**Cost:** \$60 per session/week per person, \$80 per session/week per couple  
**Time:** Tues 9:30-11am and Thurs 7-8:30 pm **Location:** Dilworth area: 1616 Cleveland Ave. Ste 201  
**Group Leader:** Franny Goshtaspour, PhD • 704-497-5108



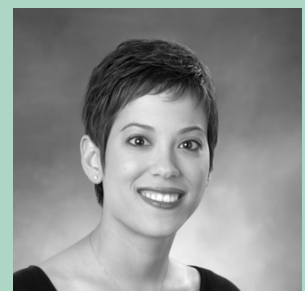
Susan Morrow, LCSW



Susan Gessner, LCSW



Amy Combs, PsyD



Melinda Harper, PhD



Chasity Adams, PsyD



Randy Wall, PhD



Joe Parisi, PhD



Robert MacCaughelty, 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, Ph.D. • 704-364-0452 • <http://charlottepsychotherapy.com>  
 Joe Parisi, Ph.D. • 704-362-1555 • [www.drjoeparisi.com](http://www.drjoeparisi.com)

**Male Survivors of Severe Childhood Trauma/Sexual Abuse:** For the purposes of this group, sexual abuse is defined as a sexual event or series of events that were intrusive and/or confusing. Consequences from sexual abuse and other childhood trauma include physical, psychological/emotional, and social results that can occur in the absence or presence of sexual touch. This group is appropriate for men with severe childhood trauma that was not sexual in nature but 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 of other men who understand and relate from personal experience. Interested persons can contact either Donna or Bob to set up an initial consultation or to receive further description of the group.

**Group Type:** Men, ongoing, process-oriented group.      **Time:** Tuesdays 11:30 am-1 pm  
 Requires a 18 week commitment      **Group size:** Limited to 8.  
**Cost:** \$60 per session/week      **Location:** 1300 Baxter St, Ste 255  
**Group Leaders:** Donna M. Davis, LCSW, LMFT, SEP 704-333-3341  
 Bob MacCaughelty, Ph.D. 704-527-1220 • <http://www.resourcefulcoping.com>

**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](mailto:DrNLPatterson@mac.com).