

Clinical Services Include:

Individual therapy for adults and teenagers
Play therapy for children
Couples therapy for married and non-married partners
Therapy groups for adults and children
Social skills groups for children
Family therapy
Psychological and educational evaluations
Forensic evaluations

Visit my offsite website for articles on: healthy lifestyle, and children/teens & parenting.

Evaluation Services Include:

Academic Evaluations for Children, Teenagers, College Students and all Adults (for diagnostic clarification and the most targeted planning for successful treatment interventions; also, meets all state and national standards so final report can be used to request accommodations in school/academic settings)

- IQ Testing: To determine academic strengths and weaknesses; also identifies giftedness and mental retardation
- Achievement Testing: To determine mastery of specific subjects
- AD/HD Testing: To determine the presence of Attention-Deficit/Hyperactivity Disorder
- Learning Disabilities Testing: To determine the presence of a learning disorder
- Full Psychoeducational Testing: All of the above plus ruling out the influence of mental health conditions
- Readiness for Kindergarten Testing (for preschool children): To determine whether your child meets eligibility criteria for early entry

Psychological Evaluations for Children, Teenagers, College Students and all Adults (for diagnostic clarification and the most targeted planning for successful treatment interventions)

- For children/teens: Testing to help understand what your child or teen is thinking and feeling, whether he or she is experiencing emotional/behavioral problems, and why he or she acts out.
- For adults: Emotional and personality testing to better understand thoughts, feelings, and behaviors.

Substance Abuse Evaluations and Forensic Evaluations for all ages (see my website for more specific, in-depth info)

Separation & Divorce Services Include:

I respectfully encourage you to consider couple's therapy before moving forward with divorce. If you have decided with certainty to divorce, below I offer a sensible approach to a difficult life transition, one that protects the emotions and dignity of the adults and children involved.

The Center for Separating With Civility & Divorcing with Dignity®

Divorce is difficult. We can help.

Unique. Comprehensive. Expert. Dignified.

A Service Set and Mind Set for Preserving the Well-Being of Individuals and Families.

The only Center in the Triangle.

At The Center for Separating with Civility & Divorcing with Dignity®, our goal is to help facilitate your divorce process so that you (1) can be confident that you have the highest quality divorce experts attending to your needs, and (2) minimize stress for yourself and any children you may have.

A Service Set: The highest quality divorce experts, covering every aspect of divorce: legal, financial, children; with service choices to fit each unique family. A Mind Set: Dedicated to, and experienced in, keeping stress to a minimum and keeping the process as amicable as possible under the circumstances.

Visit my website for articles:

The A,B,Cs and 1,2,3s of Helping Children Through the Divorce Process

Dealing with Divorce: 10 Tips to Protect Your Kids

The Unique Role of the Child Specialist in Divorce

The Role of the Psychologist in Divorce: Ways We Can Help

(new articles added regularly)

Custody / Visitation / Parenting Plans: Consultations and Evaluations

- To determine the best interests of the child, and a plan that fits the unique needs of each family unit
- Developing a shared parenting plan
- Coaching for Cooperative Co-Parenting or Cooperative Parallel Parenting
- Can be used informally by parents to aid in their amicable decisions regarding custody and visitation
- Can be used in court proceedings
- Parenting plan / custody mediation also available

Therapy Related to Divorce

For adults: To help deal with emotions related to this difficult life transition

For parents: To learn how to best help your children during this time

For children: To cope with parental conflict, or with the divorce in general

For families or stepfamilies: To cope with a divorce, to ease transitions to a new stepfamily, and to develop healthy stepparent and stepsibling relationships

Business Services Include:

Consultation to management

Conflict mediation and resolution

Personal and professional growth seminars

Informational talks