

# **Forum For Youth Network Listing**

**August 2011**

Compiled by:  
The Town of Lexington  
Human Services Department, Youth Services

The Forum for Youth is a open volunteer network of private practitioners in Lexington that provide therapeutic services to children, adolescents and families.

Currently, this group communicates via email to discuss youth needs and services in Lexington, as well as to provide school consultation services, parent education and support, and some pro bono counseling services. In addition, members of the Forum for Youth submit monthly articles on youth and family topics to the *Colonial Times* “Parents and Kids” column.

Facilitated by the Town of Lexington’s Human Services Department and Assistant Director of Youth Services, the members communicate via email, and at networking events. For additional information, or to join the email list please contact Laurie Henry, LICSW at 781-861-2742.

**\* This list is voluntary and is not a comprehensive listing of practitioners in Lexington. The Town of Lexington does not endorse individual practitioners and encourages residents to perform due diligence when contacting any service provider.**

**Beth Baldwin, LMHC**

18 Muzzey Street  
Lexington, MA 02420  
(781)862-8621

[www.lexingtoncounseling.net](http://www.lexingtoncounseling.net)

- Primarily specializes with children, adolescents and families dealing with:
  - Anxiety Disorders and Stress
  - Social Skills and making friends
  - Anti-bullying
  - Substance Abuse
  - Depression and Mood Disorders
  - Trauma and PTSD
- Other specialties include:
  - Parental Guidance
  - GLBTQ
  - Adjustment Disorders (divorce, adoption, religious conflict)
- Insurances Accepted:
  - Blue Cross Blue Shield

**Arny Berger, M. Ed.**

19 Muzzey Street  
Lexington, MA 02420  
(781) 861-8130

- Primarily provides therapy for older adolescents, parents of adolescents, adults, and couples.
- Other specialties include:
  - Women's issues
  - Issues relating to developmental and other changes/transitions
- Accepts all indemnity insurance, out of network fees and will consider sliding scale for private paying clients

**Donna Bodony, MSW, LICSW, PC**

9 Meriam St. #26  
Lexington, MA 02420  
(781)258-7311

[www.donnabodony.com](http://www.donnabodony.com)

- Primarily specializes in children, adolescents, couples, families and individuals dealing with:
  - ADD/ADHD
  - Behavioral Issues
  - Anxiety
  - Bipolar Disorder
  - Depression
- Other Specialties include:
  - Blended Families
  - Divorce
  - Relationship Issues
  - Parenting Issues
  - Grief/Loss
  - Interfaith issues
- Insurances Accepted:
  - BCBS, HMO Blue, Harvard Pilgrim, UBH, Aetna, Tufts, Tricare, US Family Health
  - Private Pay

**Anthony Bram, PhD**

363 Massachusetts Ave. Lower Level #1  
Lexington, MA 02420  
(781)862-4984

[www.dranthonybram.com](http://www.dranthonybram.com)

- Specializes in psychotherapy with adults, adolescents and children
- Services offered:
  - Cognitive Behavioral Therapy to address specific anxiety disorders such as: OCD, Panic Disorder, Social Phobia, School Refusal and Separation Anxiety
  - Psychotherapy to address behavior problems, Depression, Mood Disorders and Relationship/Family Difficulties.
  - Diagnostic Psychological Testing to address Differential Diagnosis (including ADHD evals), Treatment planning, disturbances in thought process and perceptions of reality, understanding treatment impasses, cognitive and emotional strengths and weaknesses

**Stephanie R. Brody, Psy.D.**

9 Meriam Street, Suite 22  
Lexington, MA 02420  
(781)861-9813

- Expertise in the following:
  - Affective and anxiety disorders
  - Relationship and parenting concerns
  - Work and school related stress
  - Loss and trauma
  - The impact of medical and mental health issues on individuals and families
  - Women's psychological development
- Services Provided:
  - Individual therapy for adults and adolescents (15+)
  - Consultation/training/supervision/education related to clinical diagnosis, psychotherapy and treatment interventions, and interpersonal team dynamics
- Insurances Accepted:
  - Blue Cross Indemnity
  - Out of network provider as a licensed psychologist on many insurance plans

**Theresa Bullock Cohen, LICSW**

76 Bedford Street, Suite 22  
Lexington, MA 02420  
(617) 803-1399

- Primarily specializes in:
  - \*Individual therapy
  - \*Couple's Counseling
- Other specialties include:
  - \*Anxiety disorders
  - \*College counseling
  - \*Interpersonal concerns
  - \*Addictions
  - \*Career transitions
  - \*Relationship problems

**Kathleen Burke, PhD, RN, CS**

4 Militia Drive, Suite 17  
(781)861-9797

- Primarily specializes with youth and adults, integrating the professions of clinical psychology and nursing
- Expertise in Trauma and Attachment
- Completed a 2 year fellowship in child, adolescent and family psychology at McLean Hospital
- Certification in sensorimotor psychotherapy, clinical hypnosis and Level II training in EMDR
- Accepts Blue Cross, Magellan, Harvard Pilgrim, UBH and Medicare

**Jennifer Coon-Wallman, Psy.D.**

76 Bedford Street, Suite 10  
Lexington, MA 02420  
(781) 863-1350

- Primarily specializes in:
  - Anxiety
  - Depression
  - Art therapy
- No insurance accepted

**Sangeeta Dey, Psy.D.,  
Pediatric Neurologist**

594 Marrett Rd., Suite 22  
Lexington, MA 02421  
(781)652-9594

- Neuropsychological and Developmental evaluation of pre-school and school-aged children with pervasive development disorder, learning disabilities, attentional difficulties, and genetic and metabolic disorders
- Accepts BCBS

**M. Carole Drago, LICSW**

(978) 884-7649

- Primarily specializes with late adolescents, adults and couples dealing with:
  - Depression
  - Trauma
  - Anxiety
  - Eating Disorders
  - Relational Problems
- Treatment Modalities
  - Psychodynamic Psychotherapy
  - Psychoanalysis
  - CBT/DBT
  - Parent education and support

**Barry Elkin, Ph. D**

76 Bedford Street  
Lexington, MA 02420  
(781) 861-1033

- Primarily specializes in adolescents, couples, and families dealing with:
  - Anxiety
  - Depression
  - School problems
  - Family finances
- Accepts Blue Cross, HMO Blue

**Lea Gardner Elkin, LICSW**

76 Bedford Street, Suite 26  
Lexington, MA 02420  
(781) 861-1033

- Primarily specializes in children and adults dealing with:
  - Trauma (including: abuse, early loss, illness, and divorce)
- Other specialties include:
  - Couples
  - School adjustment issues
  - Behavioral challenges

**Natalie Gornstein, LICSW**

33 Bedford Street, Suite 20  
Lexington, MA 02420  
(617) 461-6197

- Primarily specializes in adolescents (13+) and adults dealing with:
  - Eating disorders
- Other specialties include:
  - Anxiety disorders
  - Mood disorders
  - Attachment-related issues
- Accepts Blue Cross Blue Shield

**Rita Hurwitz, Ph.D.**

33 Bedford Street  
Lexington, MA 02420  
(781) 861-8828

- Primarily specializes in children, adolescents, and adults in individualized psychotherapy
- Also specializes in:
  - Parental guidance

**Annette Kennedy, Psy. D.**

19 Muzzey Street  
Lexington, MA 02421  
(781) 674-9990

- Primarily specializes in adolescents, adults and couples dealing with:
  - Depression
  - Anxiety
  - Relationship issues
- Other specialties include:
  - Working with parents of children with special needs
  - Gays/Lesbians and parents of Gays/Lesbians
  - Divorce issues

**Becky Kosterman, LICSW**

76 Bedford Street, Suite 22  
Lexington, MA 02420  
(617) 639-0566

Website: [www.BeckyKosterman.com](http://www.BeckyKosterman.com)

- Primarily specializes in adolescents, adults, and families dealing with:
  - Anxiety
  - Mood disorders
  - Grief and loss
  - Self-injury (cutting)/Suicidal Ideation
- Trained in DBT
- Accepts BC/BS PPO and Indemnity and most major insurance with out of network benefits.

**Stephanie Kriesberg, Psy. D.**

Licensed Psychologist

(781) 507-3421

[drkriesberg@verizon.net](mailto:drkriesberg@verizon.net)

[www.drkriesberg.com](http://www.drkriesberg.com)

- Primarily specializes in young children (including preschool), adolescents, and adults
- Areas of expertise include:
  - Individual therapy for adolescent girls along with parental guidance
  - Coaching for middle and high school girls with ADHD and executive functioning weaknesses (office and home based)
- Tier I Graduate of the Think: Kids training Program at Mass General Hospital

**Sara M. Lane, Ed. M.**

(781) 240-1054

Website: [www.parentsprepare.com](http://www.parentsprepare.com)

Email: [parentsprepare@comcast.net](mailto:parentsprepare@comcast.net)

- Provides parenting education to parents with children in preschool to just starting college
- Offers both multi-session parenting education groups and one-session educational seminars

**Sharon Levin, LICSW**

76 Bedford Street, Suite 22

Lexington, MA 02420

(781) 799-4526

- Specializes in:
  - Mood disorders,
  - Emotion regulation
  - Self harm behaviors (i.e. cutting and eating disorders)
  - Physical and sexual abuse
  - Issues with sexual identity and religious conflicts.
- Trained in DBT and EMDR
- Accepts BCBSMA HMO/PPO and Neighborhood Health.

**Randy Markey, LICSW**

Lexington Counseling Center

3R Wallis Court, Suite 2

Lexington, MA 02421

(781) 274-7777-phone

(781) 274-8277-fax

[www.lexingtoncounselingcenter.com](http://www.lexingtoncounselingcenter.com)

- Primarily specializes in individuals, couples, adults, and adolescents dealing with:
  - Substance Abuse
  - Trauma
  - Relationships
  - Helping high achievers dealing with stress and anxiety
  - Parent coaching
  - Leadership training
- Accepts all Blue Cross, Aetna, any PPO or POS or Insurance with out of network coverage.

**Shawn McGivern, LMHC**

Offices in Cambridge and Lexington  
By Appointment: (781) 454-7747

- Specializes in counseling of teens and adolescents, individuals and couples dealing with:
  - Separation/Divorce
  - Anxiety/Depression/Sleep Disorders
  - Trauma, Relational Loss/Grief/Bereavement
  - Domestic Abuse
  - Effects of Alcoholism on Adolescents, Young Adults and Adult Partners
- **Sliding Scale, Some Insurances Accepted**
- Offers Domestic Violence resources:
  - Support groups
  - Court accompaniment
  - Child and Adolescent individual therapy for those who have witnessed domestic violence

**Suzanne Morse-Fortier, LICSW**

21 Worthen Rd. Suite 2  
114 Waltham St. Suite 21  
Lexington, MA 02421  
(781)879-3257

- Primarily specializes in working with young children, including preschool age and their parents dealing with:
  - Developmental differences and disabilities
  - Autism
  - Anxiety
  - Medical Complications
  - Grief and loss
  - Navigating systems/services
    - Early intervention
    - Special Education
    - DDS
    - DMH
- Treatment Modalities include:
  - Play Therapy
  - Cognitive Behavioral Therapy
  - Parent Guidance
- Insurances accepted:  
All BCBS, Tufts, Value Options

**David A. Perna, Ph.D.**

19 Muzzey Street, Suite 202  
Lexington, MA 02421  
(781) 861-3865

- Primarily specializes in:
  - Anger management
  - Learning challenges/School difficulties
  - Mood disorders
  - Legal issues
  - Treatment-resistant patients
  - Autism spectrum disorders
  - Family therapy
  - Group therapy
- Accepts most major insurance policies

**REACH**

(800) 899-4000 hotline 24hrs/day  
(781) 891-0724 Ext.100

- Local domestic violence resource that offers:
  - Support groups
  - Court accompaniment
  - Child and adolescent individual therapy for those who have witnessed violence

**Jeanette Robinson, LICSW**

114 Waltham Street, Suite 21  
Lexington, MA 02421  
(781)862-0890

[Jeanette@goals-success.com](mailto:Jeanette@goals-success.com)

- Provides individual therapy to adolescents, parents of adolescents, young adults and adults.
- Cognitive Behavioral Therapy (CBT) to address Anxiety, Panic, Depression or OCD. Repeated practice of CBT skills allows us to identify and transform beliefs, thoughts or behaviors that may contribute to symptoms
- Accepts Blue Cross Blue Shield and Harvard Pilgrim

**Christine Sorrenti-Massaia, LICSW**

76 Bedford Street, Suite 22  
Lexington, MA 02420  
(617) 981-9755

- Specializes in teenagers, ages 11-21
  - Behavioral challenges
  - Social and relational difficulties
  - School adjustment problems
  - Anxiety/Depression
- Relaxation meditation

**Sharon A. Stirling, MA, CAGS, LRC**

Lexington Health Collaborative  
238 Bedford Street  
Lexington, MA 0242  
(781)862-0898 ext. 1

- Primarily specializes in individual and group therapy for children and adults
- Extensive Training in Eating Disorders
- Utilizes art and other creative therapies, including integrating her 12 lb dog into sessions

**Herb Wasserman, Ph.D.**

5 Rogers Road  
Lexington, MA 02420  
(781) 861-7896

- Primarily specializes in substance abuse addictions
- Accepts Blue Cross Blue Shield, Tufts, and Aetna

**Dewie Weiner, LICSW, ACSW**

76 Bedford Street, Suite 19  
Lexington, MA 02421  
(781) 861-7585

- Specializes in children, adolescents, adults, and couples. Over thirty years experience dealing with:
  - Depression
  - Anxiety
  - Relationship Issues
  - Divorce
  - Blended Families
  - Parental Guidance
  - Grief
  - Trauma
  - Eating disorders
  - Substance Abuse
- Accepts Blue Cross Indemnity Policies and is an “Out of Network” provider for other insurances, sliding fee



