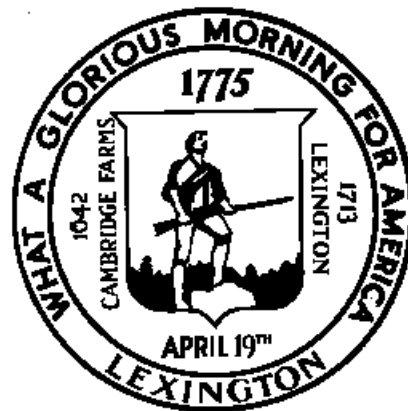


# Forum for Youth Network Listing

## October 2015

(Interim Update April 2016)



Compiled by:  
The Town of Lexington  
Human Services Department

The Forum for Youth is an 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* “Parenting Matters” column.

Facilitated by the Town of Lexington’s Human Services Department, the members communicate via email, and at networking events. For additional information, or to join the email list please contact Kristie Demirev, LICSW at 781-698-4843.

**\* 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**

19 Muzzey St., Suite 301

Lexington, MA 02421

[781-862-8621](tel: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, military families, Adjustment Disorders (divorce, separation, adoption, religious conflict).

Insurances accepted: all PPO INSURANCES, BC/BS, Tufts, Network Health; private pay. Member of Give An Hour for active military families.

**Arny Berger, M. Ed.**

19 Muzzey St.

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.

Insurances accepted: All indemnity insurance, out-of-network fees; will consider sliding scale for private pay 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 and depression. Other specialties include blended families, divorce, relationship issues, parenting issues, grief/loss and interfaith issues.

Insurances accepted: BC/BS, HMO Blue, Harvard Pilgrim, UBH, Aetna, Tufts, Tricare, US Family Health; private pay

**Anthony Bram, PhD, ABAP**

363 Mass. Ave. Lower Level #1

Lexington, MA 02420

781-862-4984

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

Specializes in psychotherapy and psychological testing with adults, adolescents and children. Services offered include play therapy, psychodynamic psychotherapy, and psychoanalysis to address various emotional and relational difficulties. Also offers cognitive-behavioral therapy to address specific anxiety disorders such as OCD, panic disorder, and social anxiety. Provides psychological testing/personality assessment for complex differential diagnosis, treatment planning, assessment of thought disorder, and understanding of treatment impasses.

**Linda H. Bram, PhD**

21 Worthen Rd., Suite 2

Lexington, MA 02420

785-224-4870

[drlindabram@gmail.com](mailto:drlindabram@gmail.com)

Psychology Today webpage:

Provides brief and long-term psychotherapy for parents and siblings of children with special needs or disabilities, and for children, adolescents, and adults who are coping with loss, disability, depression, anxiety, relationship difficulties, and other life stressors. Specializes in play therapy and parent-child therapy for young children (toddlers, preschoolers) and their caregivers, incorporating psychodynamic and cognitive-behavioral approaches as needed. As a former mental health consultant for Early Intervention, Dr. Bram provides developmental consultation for children under 3.

Out-of-network provider as a licensed psychologist on PPO plans.

**Mary P. Breen, PhD**

5 Raymond St.

Lexington, MA 02421

781-676-0600

[breen.maryp@gmail.com](mailto:breen.maryp@gmail.com)

Provides psychotherapy and consultation for older children, adolescents, college students and adults. Specializes in anxiety and stress, depression, trauma, relationship issues, adjusting to life changes and developmental transitions, parenting concerns, and grief and loss. Treatment modalities include Cognitive-Behavioral Therapy, Relational Therapy, Sensorimotor Psychotherapy and Psychodynamic Therapy.

Insurances accepted: BC/BS PPO, and insurance plans with out-of-network benefits

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

9 Meriam St. Suite 22  
Lexington, MA 02420  
781-861-9813

Expertise in 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, and women's psychological development. Services provided include 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

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

Provides address after initial phone contact.  
Lexington, MA 02421  
781-861-9797  
Fax: 888 965 8876

My clinical work as a psychologist is integrative with the goal of helping an individual or family become more whole. My expertise in child, adolescent, and family psychology coupled with my advanced practice nursing offers a unique depth of treatment. I provide modalities as appropriate which may include sensorimotor psychotherapy, EMDR, Internal Family Systems.... I treat issues related to trauma, attachment, adoption, loss, depression, anxiety, eating problems, and medical issues. (Details at Psychology Today).

Insurances accepted: BC, Magellan, Harvard Pilgrim, Tufts, UBH, Medicare

## **Caitlyn Chappell, LICSW**

Office Locations: 44 Thorton Street Newton, MA 02458 and 394 Lowell Street  
Lexington, MA  
Phone Number: [781-786-8525](tel:781-786-8525)  
Email: [chappell@copernican.us](mailto:chappell@copernican.us)

I work with clients from about age 10 through the lifespan. While I work with both males and females, I have the most experience working with females on issues such as self esteem, anxiety, depression and stress management. I work from a strengths perspective sense and utilize CBT, DBT and mindfulness. I also co-lead a social skills group with Dr. David Perna with middle school aged kids. I work Monday through Friday and currently have openings at both locations, including some evening times.

Insurances accepted: BCBS and out of network benefits.

**Theresa Bullock Cohen, LICSW, CGP, BCC**

76 Bedford St., Suite 22  
Lexington, MA 02420  
617-803-1399

[www.tbcohen.com](http://www.tbcohen.com)  
[theresa@bullockcohen.com](mailto:theresa@bullockcohen.com)

Specializes in emotionally focused couple's therapy and working with young adults with relational concerns. Currently running an interpersonal group for individuals struggling with interpersonal problems. More information can be found at [www.tbcohen.com](http://www.tbcohen.com)

Out-of-network provider for BCBS, Aetna, UBH, Harvard Pilgrim, and Tufts

**Jennifer Coon, Psy.D**

76 Bedford St., Suite 10  
Lexington, MA 02420  
781-863-1350

Psychologist and art therapist. Sees children, adolescents and adults. Specializes in anxiety and depression with a strong emphasis on a strength based-model.

Insurances accepted: None

**Anya Dashevsky, Psy.D.**

Growing Minds, LLC  
4 Militia Drive, Suite 17  
Lexington, MA 02421  
(339) 970-0659

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

Dr. Dashevsky specializes in providing comprehensive neuropsychological evaluations to children, adolescents, and young adults. Dr. Dashevsky can assess for a variety of issues in learning, development, and behavior, including ADHD, autism spectrum disorder, anxiety, developmental delays, learning disabilities, and others. Dr. Dashevsky also provides guidance to families regarding issues related to child development, education, and behavioral concerns.

Insurances accepted: BC/BS, private pay

**Danielle DeTora, Psy.D.**

1666 Massachusetts Ave, Suite 3  
Lexington, MA 02420  
781-862-6772

Provides psychotherapy and consultation for adolescents, young adults, adults and couples. Specializes in anxiety, depression, stress management, OCD, relationship issues, parenting concerns, school/work challenges, self-esteem, eating issues, and grief/loss.

Insurances accepted: None. Self-pay. Sliding scale provided when necessary.

**Sangeeta Dey, Psy.D**

594 Marrett Rd., Suite 22  
Lexington, MA 02421

Neuropsychological and developmental evaluation of pre-school and school-aged children with Pervasive Developmental Disorder, learning disabilities, attentional difficulties, and genetic and metabolic disorders.

Insurances accepted: BC/BS

**Luanna E. Devenis, Ph.D.**

Custance Place  
76 Bedford Street, Suite 34  
Lexington, MA 02420-4641  
[781-538-5046](tel:781-538-5046)  
[dr.devenis@gmail.com](mailto:dr.devenis@gmail.com)

Psychology Today webpage:

[https://therapists.psychologytoday.com/rms/prof\\_detail.php?profid=133829&sid=1445188914.2349\\_11884&zipcode=02420&s=N&tr=ResultsName](https://therapists.psychologytoday.com/rms/prof_detail.php?profid=133829&sid=1445188914.2349_11884&zipcode=02420&s=N&tr=ResultsName)

Provides individual short-term and long-term counseling and psychotherapy for adolescents (high school age), young adults (college age), and adults dealing with anxiety, depression, and stress engendered by home, school, or work demands, family and relationship issues, adjustment disorders, separation-individuation, grief/loss, and other life transitions, and psychological trauma, including PTSD. Extensive experience treating eating disorders and women's and adolescent issues. Interests include facilitating career choice and development and treating relatives of mentally ill or disabled individuals.

Insurances accepted: BCBS Indemnity and PPO, as well as insurance plans with out-of-network coverage and benefits.

**M. Carole Drago, LICSW**

114 Waltham St., Suite 15A  
Lexington, MA 02421  
781-862-2737

Offering treatment for late adolescents, adults, and couples dealing with depression, anxiety, relational problems, eating disorders, and trauma. Treatment modalities include supportive and psychodynamic psychotherapy, and psychoanalysis.

**Tim Dugan, MD**

14 White Pine Ln.  
Lexington, MA 02421  
781-861-1463

Sees children, teens, parents and families. Relies primarily on psychotherapy, and will prescribe as indicated (will NOT prescribe for an individual who is not involved with him in psychotherapy). Consults with schools, and interprets neuropsychological testing.

Insurances accepted: BC/BS; Bills monthly for services

**Barry Elkin, Ph.D**

76 Bedford St., Suite 26  
Lexington, MA 02420  
781-861-1033

Primarily specializes in adolescents, couples and families dealing with anxiety, depression, school problems and family finances.

Insurances accepted: Blue Cross, HMO Blue

**Lea Gardner Elkin, LICSW**

76 Bedford St., 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 counseling, school adjustment issues and behavioral challenges

Insurances accepted: Harvard Pilgrim, UBH, Medicare B. Also takes any “out of network” insurance or PPO



**Gerry Foo, PhD**

33 Bedford St., Suite 11  
Lexington, MA 02420  
781-277-7409  
[www.drgerryfoo.com](http://www.drgerryfoo.com)

Specializes in a unique blend of cognitive-behavioral therapy and mindfulness to help children, adolescents, and families struggling with anxiety, depression, perfectionism and stress management, eating disorders, and other emotional and behavioral difficulties.

Insurances accepted: BC/BS, others with out-of-network coverage, private pay

**Lisa Foo, PhD**

33 Bedford St., Suite 11  
Lexington, MA 02420  
612-237-8471  
[drlisafoo@gmail.com](mailto:drlisafoo@gmail.com)  
[www.drlisafoo.com](http://www.drlisafoo.com)

Provides assessment and treatment for all ages, with a focus on children, adolescents, couples, and families. Specialties include stress related to medical conditions, anxiety, relationship issues, and parenting concerns. Uses a strengths-based framework and individually designed treatment strategies incorporating cognitive-behavioral therapy, solution-focused therapy, mindfulness, and relaxation. Harvard graduate and Fulbright scholar. Previously worked as a senior psychologist and supervisor at a level 1 trauma center.

Insurances accepted: BC/BS, many plans as an out-of-network provider, and private pay.

**Louise Goodman, LICSW**

76 Bedford St., Suite 22  
Lexington, MA 02420  
339-223-0250  
[louisegoodmanlicsw@yahoo.com](mailto:louisegoodmanlicsw@yahoo.com)

Primarily specializes with children, pre-teens, adolescents, young adults, parent guidance, college students, and adults, dealing with depression, anxiety, mood disorders, trauma, self-esteem, coping skills, parent-child conflict and communication, school achievement, substance abuse, all life transitions, and career challenges.

Insurances accepted: BC/BS PPO and HMO, Tufts Health Plan, United Behavioral Health, Harvard Pilgrim Health Care, Tricare, Medicare, private

**Natalie Gornstein, LICSW**

33 Bedford St., 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 and attachment-related issues.

Insurances accepted: BC/BS

**Patti Grant, LICSW**

The Liberties, Suite 11  
33 Bedford St.                      44 Thornton St.  
Lexington, MA 02420              Newton, MA 02458  
617-606-7450

Specializes in individual and family therapy for children and adults with complex needs: Anxiety Disorders, ODD, PDD, Bipolar and Schizophrenia (including childhood onset), relationship and parenting concerns, prevention and/or management of psychiatric hospitalization, Collaborative Problem Solving Approach for explosive children, CBT adapted for younger children and individuals with NVLD, and Solution Focused Therapy for families and individuals. Services provided include individual and family therapy for adults and adolescents (verbal children +) and collaboration with school teams for children on IEPs.

Insurances accepted: BC/BS, Optum Health and out-of-network provider as a licensed independent clinical social worker on many insurance plans

**Becky Kosterman, LICSW**

76 Bedford St., Suite 22  
Lexington, MA 02420  
617-639-0566

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

Specializes in adolescents (ages 12+), adults, and families dealing with anxiety, mood disorders (depression and bipolar), grief and loss, school and work related stress, and parent guidance. Utilizes CBT, DBT techniques, and relaxation meditation in therapy process.

Insurances accepted: BC/BS PPO and major insurances with out-of-network benefits.

### **Kevin M. Kozin, MTS, LICSW**

76 Bedford St., Suite 20

Lexington, MA 02420

781- 325-1858

[kevin@kozincounseling.com](mailto:kevin@kozincounseling.com)

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

Providing adolescent, adult, couples, and family psychotherapy in a safe and welcoming environment. Meaningful issues addressed include relationship issues, grief and bereavement, anxiety, depression, trauma and posttraumatic stress, mindfully based stress reduction, care for caregivers, spiritual and religious issues, medical concerns and disabilities, substance abuse, gender identity, sexual orientation, and end of life issues. Kevin serves as the Chair of the National Association of Social Workers-MA Private Practice Committee.

Insurances accepted: BC/BS, Tufts, and most PPO plans. Please call for a free 15 minute consultation.

### **Stephanie Kriesberg, Psy.D**

781-507-3421

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

Primarily specializes in young children (including preschool), adolescents and adults. Areas of expertise include individual therapy for girls along with parental guidance, and 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.

### **Martha J. Kurland, LICSW**

33 Bedford St., Suite 20

Lexington, MA 02420

781- 862-8537

Provide individual, family and couples therapy for children, adolescents and adults. Areas of interest and expertise include anxiety, depression, eating disorders, adjustments to life changes and transitions, parenting issues and working with new mothers.

Insurance: BCBS and Tufts Health Plan or any other insurance that allows out of network providers.

**Sara Lane, Ed.M**

781-240-1054

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

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

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

**Sharon Levin, LICSW**

76 Bedford St., Suite 22

Lexington, MA 02420

781-799-4526

Specializes in Mood Disorders, emotion regulation, self harm behaviors (eg cutting and Eating Disorders), physical and sexual abuse and issues with sexual identity and religious conflicts. Trained in DBT and EMDR.

Insurances accepted: BC/BS of Mass. – PPO and HMO and Neighborhood Health

**Gila Lindsley, Ph.D.**

7 White Pine Lane

Lexington, MA 02421

781-862-7331

[sleepwell@comcast.net](mailto:sleepwell@comcast.net)

Treats children from 12 years old up for anxiety disorders, depression, SAD, stress, the numerous problems preteens and teens face in their middle school or high school environment such as bullying, difficulty with peer group, anxiety surrounding academics. A particular area of specialization is sleep and sleep-wake disorders, and disorders that arise because a child is biologically unable to fall asleep at a time at night that would allow sufficient sleep before waking in the morning (i.e. biologically based night terrors), or falls asleep far too early (e.g. 7 PM) and correspondingly awakens far too early (larks). These latter are referred to as biological rhythm disorders. Also in the realm of sleep disorders, particular expertise for a sleep disorder called Narcolepsy. This disorder of excessive daytime sleepiness typically develops at around age 10.

Insurances accepted: BCBS, Tufts, Tricare, UBH, Cigna, numerous others. Not paneled for Mass. Health but is often able to get an authorization for the sleep/biological rhythm problems since in-network providers are typically not available who have this area of expertise.

**Randy Markey, LICSW**

3R Wallis Ct., 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, stress/anxiety associated with high-achievers, parent coaching and leadership training.

Insurances accepted: All Blue Cross, Aetna, any PPO or POS, or insurance with out-of-network coverage

**Meg Matthews, LICSW**

76 Bedford Street, Suite 22

Lexington, MA 02420

857-256-0963

[megmatthewslicsw@gmail.com](mailto:megmatthewslicsw@gmail.com)

I provide individual and family therapy for children, adolescents and young adults. I work collaboratively with parents and caregivers throughout the therapy process and see them as partners in the process of helping their child. I also offer parental consultation and guidance services. I see young people facing a range of issues, including depression, anxiety, adjustment issues, family transitions, ADHD and learning disabilities, substance use and abuse, and self-esteem and identity issues.

Insurances accepted: Blue Cross Blue Shield, some out-of-network options, self-pay

**Sarah McSweeney, Psy.D**

5 Raymond St.

Lexington, MA 02421

617-438-3567

[smpsyd@gmail.com](mailto:smpsyd@gmail.com)

Specializes in work with adolescents.

Insurances accepted: BC/BS and Tufts

## **Suzanne Morse-Fortier, LICSW**

21 Worthen Rd., Suite 2  
Lexington, MA 02421  
781-879-3257

Primarily specializes in working with children preschool through preteen, and their parents. Experience working with children on issues including anxiety, grief and loss, developmental differences and disabilities, autistic spectrum disorders, medical complications, as well as adjustment to other stressors. Knowledgeable about navigating systems/services (Early Intervention, Special Education, DDS, DMH). As well as parent guidance, provides adult psychotherapy for parents with complicated children in addition to their own needs. Treatment modalities include Play Therapy, developmentally-informed Cognitive-Behavioral Therapy and parent guidance.

Insurances accepted: All BC/BS, Tufts, and Harvard Pilgrim

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

Copernican Clinical Services  
Clinical Instructor, Harvard Medical School  
Licensed Psychologist  
The Liberties, Suite #11  
33 Bedford St.                      44 Thornton St.  
Lexington, MA 02420              Newton, MA 02458  
Phone: 617-431-1441  
Email: [Perna@hms.harvard.edu](mailto:Perna@hms.harvard.edu)      Web: [www.davidperna.com](http://www.davidperna.com) & [www.copernican.us](http://www.copernican.us)

Primarily specializes in anger management, learning challenges/school difficulties, mood Disorders, legal issues, internet/ video-gaming addictions, aggressive behavior, bullying, treatment-resistant patients, substance abuse, and Autism Spectrum Disorders. Intervention modalities include individual, family, play and group therapy sessions in addition to facilitating the coordination of various treaters on a given team. A wide range of experience in working with school systems/parents in developing and implementing appropriate Individualized Education Programs (IEP) by attending school meetings and conducting school observations. Sees patients who range in age from kindergarten through adulthood, Treatment approach includes cognitive behavioral therapy, motivational interviewing, change theory, family systems theory, and developmental theory. Reasonable expectations are set to facilitate change via an outcome-focused, therapeutic process.

Insurances accepted: Accepts most major insurance policies and has experienced administrative staff available in the practice to help access insurance and resolve any billing issues.

### **Elizabeth Pierce, PhD**

76 Bedford St., Suite 10

Lexington, MA 02420

781-862-6200

[pierce@elizabethpiercephd.com](mailto:pierce@elizabethpiercephd.com)

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

Dr. Elizabeth Pierce treats depression, anxiety, and relationship challenges in adolescents and adults. She has a specialty in treating obsessive-compulsive disorder and body dysmorphic disorder, but can also work with people with the broad range of mood and anxiety disorders. She utilizes cognitive-behavioral treatment, including exposure therapy (ER/P), cognitive therapy, and mindfulness/acceptance approaches.

Dr. Pierce is also a certified practitioner and trainer in the Think:Kids/Collaborative Problem Solving (CPS) approach, and works primarily with parents to implement this approach for use in their homes with their children. In addition, she runs groups to help parents learn and practice the CPS model. **New Think:Kids (Collaborative Problem-Solving) Parent Group starting 4/28/16! See Dr. Pierce's website for more info and to sign up.**

Insurances accepted: all BCBS plans, private pay (with potential reimbursement from other insurance companies)

### **Aliki Pishev, LICSW**

114 Waltham St., Suite 25

Lexington, MA 02421

781-862-0890

I work with young children, adolescents and adults, couples and family therapy. With young children, I use play therapy, art therapy, sand therapy, mindfulness, hypnosis for evaluation and treatment. I strongly believe in working with the family system and provide parent guidance to help parents with practical strategies and tools.

I accept most insurances and have Saturday appointments available.

### **Judith Rendely, Ph.D.**

33 Bedford Street, Suite 1

Lexington, MA 02420

781-863-8888

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

[psychotherapyinlexington.com](http://psychotherapyinlexington.com)

Specializes in psychotherapy for older adolescents, parents of adolescents, couples and adults. Emphasis on relationship problems, anxiety, depression, women's issues, and trauma. Insurances accepted: All indemnity insurance, out-of-network fees; private pay

**Jeanette Robinson, LICSW**

114 Waltham St., Suite 25

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. Utilizes Cognitive-Behavioral Therapy to address anxiety, panic, and depression.

Insurances accepted: BC/BS, Tufts, and Harvard Pilgrim

**Nancy A Santoro PsyD**

4 Militia Drive Suite 23

Lexington, Massachusetts 02421

(978) 831-7701

Specializes in treating children and adolescents with anxiety, school stress, social struggles and trauma/loss. Also provides consultations to parents to help them better support their child and deal with their own stress. In addition, specializes in working with military families and understands the unique experience of this group. Using a collaborative approach in therapy, draws from a wide range of treatment modalities including but not limited to Cognitive Behavioral therapy (CBT), family systems, play therapy as well as longer term insight oriented therapy.

Insurances accepted: BC/BS, Tricare, plans with Out of Network providers, self-pay

**Christine Sorrenti-Massaia, LICSW**

76 Bedford Street, Suite 22

Lexington, MA 02420

617-981-9755

[christine@csmpsychotherapy.com](mailto:christine@csmpsychotherapy.com)

Works primarily with teenagers (13+) and adults, families, and couples. Is skilled in working with students dealing with behavioral challenges, social and relational difficulties, school adjustment issues, anxiety, and depression. Uses a combination framework of Psychodynamic, Cognitive-Behavioral, and Mindfulness techniques.

Insurances accepted: BCBS PPO insurance and most other indemnity plans.



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

3 Wallis Ct.  
Lexington, MA 02420  
781-862-1166

Primarily specializes in individual therapy for teens. Has extensive training in Eating Disorders. Utilizes art and other creative therapies, including integrating her 12 lb. dog into sessions

Insurances accepted: None; Slides her fee from \$40-\$70

**Mark Strecker, M.D.**

1666 Massachusetts Avenue, Suite F1  
Lexington, MA 02420  
781-541-0873  
[www.drmarkstrecker.com](http://www.drmarkstrecker.com)

I am a Massachusetts General Hospital trained Child, Adolescent and Adult Psychiatrist with twenty five years of experience, and combine psychotherapy and medication as needed, to treat a broad range of psychiatric disorders. I specialize in the treatment of ADHD, depression, anxiety and OCD for all ages. I also see patients just for medication management, if they already have a therapist.

Insurances accepted: BC/BS, Harvard Pilgrim, United Health Care/UBH, Tufts; many plans as an out-of-network provider, and private pay.

**Amy Tesz, LMHC, ATR-BC**

76 Bedford Street, Suite 22  
Lexington, MA 02420  
(781) 541-8001  
[www.amytesz.com](http://www.amytesz.com)

Specializes in psychotherapy with children, adolescents, and families. Experienced in helping clients with stress and anger management, attention deficit hyperactivity disorder, anxiety, depression, traumatic stress, effective parenting, and increasing school success.

Uses an eclectic approach, including art therapy techniques, cognitive behavioral strategies, and a goal oriented focus. Afternoon and evening appointments are available.

More information about this practice can be found at [www.amytesz.com](http://www.amytesz.com).

Insurances accepted: BCBS, Harvard Pilgrim, Tufts, out of network for most other providers.

**Robyn Vogel, MA, LMHC**

7 Spencer St.

Lexington, MA 02420

508-380-9254

Specializes in couples/partners with (or without) children. Relationship counseling offers support to parents who are experiencing stress related to a range of child/family issues: Separation/Divorce, Adoption, Sexual issues, Communication, Teens, and more. GLBTQ and alternative relationship preference friendly.

Insurances accepted: All PPOs

**Dewie Weiner, LICSW, ACSW**

76 Bedford St., Suite 19

Lexington, MA 02421

781-861-7585

Specializes in children, adolescents, adults and couples. Over 30 years of experience dealing with depression, anxiety, relationship issues, divorce, blended families, parental guidance, grief, trauma, Eating Disorders and substance abuse.

Insurances accepted: Out of network provider for insurances.