

McLean Hospital Child Outpatient Clinic

This is a list of current group offerings in the Child Outpatient Clinic. For more information or to make a referral, please contact mclcop@mgb.org and include the name of the group in your subject line. To inquire about other services that may be available in Child Outpatient, please email mclcop@mgb.org.

High School Acceptance and Commitment Therapy (ACT):

McLean Child and Adolescent Outpatient Services is now offering an Acceptance and Commitment Therapy (ACT) group for high schoolers looking to learn skills to manage symptoms of anxiety and depression. Teens who participate in the group will learn mindfulness skills, techniques to disengage from unhelpful patterns of thinking, how to identify values and engage in activities that align with values, and how to increase acceptance of difficult emotions and situations. Group membership does not require individual therapy, though may be recommended in certain cases. The group will be held in-person at McLean's Cambridge location (799 Concord Ave, Cambridge) on Wednesdays at 5pm*. We are currently accepting and reviewing new referrals.

*Virtual time would be Mondays 4:30pm if more clients are interested in zoom

High School Dialectical Behavior Therapy (DBT) Skills Training:

The HS DBT Skills group is an insurance-based 20-week program for teens, ages 14-18, and their parents. The group aims to treat adolescents who have difficulty managing their strong emotions. Group membership requires active treatment in individual therapy for teens. The current therapist must submit a referral, in addition to families completing a form. This is a rolling admissions group. There is a nominal fee for the parent portion. The group is currently being offered virtually on Mondays at 5:30PM. In-person option may be available soon. We are currently accepting and reviewing new referrals.

High School Cognitive Behavioral Therapy (CBT):

The HS CBT group is a 10-week program for individuals ages 14 –18 struggling with any type of anxiety disorder. Group membership does not require individual therapy. Group therapy includes psychoeducation, self-monitoring of symptoms, cognitive restructuring, and exposure. This group is currently being offered virtually on Wednesdays at 4PM. We are currently accepting and reviewing new referrals.