

# Psychological Services

## at the Center for Autism and Related Disorders

### Who We Are

Psychological services at the Center for Autism and Related Disorders (CARD) include evaluation and treatment services that focus on understanding and addressing the social, emotional, behavioral, and cognitive needs of children with autism spectrum disorders (ASD) and their families.

### Our Team

Our psychologists have advanced training in diagnosing and treating mental health disorders, particularly those affecting children. They are also active in the Institute's training and research programs.

### Evaluation Services

The Center offers a comprehensive range of diagnostic and clinical services for children and adolescents with known or suspected ASD.

#### Neuropsychological Evaluation

Clinical neuropsychology focuses on normal and abnormal brain functioning, including thinking, behavioral, social, and emotional functioning, all of which are crucial to a child's development. When children receive a neuropsychological evaluation, they will participate in question-and-answer, paper-and-pencil, and hands-on tasks with a neuropsychologist. Their performance is then compared to that of other children the same age. The neuropsychologist also carefully observes each child to understand how he or she approaches tasks and behaves in structured situations. In addition, the neuropsychologist usually gathers other information, including parent interviews and behavior checklists, and reviews available records.

Through this process, the neuropsychologist evaluates each child's strengths and weaknesses to ensure a more informed diagnosis, along with better instruction, intervention, and treatment. Family members and other providers also receive a better understanding of the child's learning style and needs.

Any appropriate diagnoses will also be discussed (including presence or absence of ASD). With a better understanding of each child's abilities, individualized treatment approaches are recommended based on needs at home, in school, and in the community. This information is discussed with the family



and provided in a written report that can be shared with other providers at the family's discretion. For more information about the Center for Autism and Related Disorders, visit [card.kennedykrieger.org](http://card.kennedykrieger.org) or call 888-554-2080.

### ASD Diagnostic Evaluation

Our clinical psychologists offer diagnostic evaluations to assess children for ASD. Diagnosis is typically determined by reviewing the child's history through parent interviews and through use of the Autism Diagnostic Observation Schedule, a standardized tool for diagnosing ASD. Parent feedback is a critical component of the evaluation, and includes a discussion and review of the appropriate diagnoses, psychoeducation regarding ASD and other disorders, and further evaluation and treatment recommendations. Parents also receive a written report of the clinician's findings and recommendations.

We are all born with great potential.  
Shouldn't we all have the chance to achieve it?



Center for Autism and Related Disorders  
at Kennedy Krieger Institute

## Our Approach

Clinical psychologists provide a variety of therapeutic services to children with ASD and their families, including:

### Individual Therapy

Individual therapy services typically focus on helping children and adolescents with ASD with anger management, anxiety, depression, and coping with ASD as they grow. Our psychologists frequently use strategies based in cognitive behavioral therapy. This research-based therapeutic approach focuses on teaching specific skills to patients so they can understand the relationship between thoughts, emotions, and behaviors. Parents and other caregivers are active participants, and receive psychoeducation so they can support and reinforce their child's use of therapeutic strategies at home, in school, or in the community.

### Family Therapy

Clinical psychologists also provide therapy to family and caregivers, with a focus on increasing their understanding and ability to cope with their child's diagnosis and challenges. These appointments typically incorporate psychoeducation and identify strategies to assist caregivers in recognizing and managing the effects of their child's diagnosis on parental and family functioning.

### Group Therapy

Our clinical psychologists lead groups that focus on improving social skills among school-age children and adolescents. We also offer groups that emphasize how to manage emotional distress, such as anxiety. Groups employ didactic, experiential, and interpersonal strategies, as well as parent training.

### Consultation and Training

Our psychologists also provide consultation services and training to various academic and community organizations.

## Contact Information

### Center for Autism and Related Disorders at Kennedy Krieger Institute

To make a referral or schedule an appointment, please call **888-554-2080**.

For more information about our program, call **443-923-7680**.

TTY: **443-923-2645** or Maryland Relay **711**

[card.kennedykrieger.org](http://card.kennedykrieger.org)

### Physicians & Healthcare Professionals

To make a referral, call our Physician Referral Line at **443-923-9403**.

### Clinic Locations:

3901 Greenspring Avenue  
Baltimore, MD 21211

1130 Annapolis Road, Suite 200  
Odenton, MD 21113

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Care is provided in a manner that preserves cultural, psychosocial, spiritual and personal values, beliefs, and preferences. We encourage patients and families to become active partners in their care by asking questions, requesting resources, and advocating for the services and support they need.



Learn More. Get Involved. Stay Connected. Visit [kennedykrieger.org/connect](http://kennedykrieger.org/connect).