



## COUNSELING AND ASSESSMENT SERVICES

The SMart Center takes a 'whole-person approach' with assessments and treatment for individuals with a wide array of anxiety, depressive, and developmental disorders. We provide evidence-based therapy (i.e. CBT and S-CAT®) for individuals and host weekly group therapy for coping and social skills development, art therapy, and education on anxiety and depression. We also host parent support groups to assist their knowledge and understanding of their child's diagnosis/treatment, family therapy sessions to improve communication and family dynamics, and speech and language therapy.

Our clinicians are trained to specifically assess and rule out diagnoses such as Selective Mutism\*, ADHD, dyslexia, learning disorders, and Autism Spectrum Disorder\*. We conduct a full battery of testing, not just a screening tool, and provide a comprehensive report with recommendations and referral options as next steps.

### Diagnoses We Treat:

- Selective Mutism (S-CAT®)\*
- Social Communication Pragmatic Disorder
- Obsessive Compulsive Disorder
- Generalized Anxiety Disorder
- Specific Phobias
- Autism Spectrum Disorder
- Adjustment Disorder
- Oppositional-Defiant & Conduct Disorders
- Attention-deficit/hyperactivity disorder

### Types of Services:

- Individual psychotherapy
- Group treatment (e.g. social skills, coping strategies, anxiety, and depression)
- Family therapy

### Assessments We Offer:

- Autism Assessment and Diagnosis (ADOS-2 & ADI-R)\*
- ADHD, Behavior, Developmental, & Early Childhood Assessments
- Selective Mutism
- Speech and Language Evaluations
- Psychoeducational Testing
- Neuropsychological Assessments
- School Accommodations, Learning Styles, Test Anxiety, & Academic Achievement
- Dyslexia/Dysgraphia
- I.Q. and Gifted Program Testing
- Private School Admission



Call 215-887-5748 to initiate the triage phone process to provide us with helpful information.

**SMart Center**  
Greater Philadelphia Area | PH: (215) 887-5748  
[www.SelectiveMutismCenter.org](http://www.SelectiveMutismCenter.org) | [www.CommuniCamp.org](http://www.CommuniCamp.org)



An appointment will then be scheduled with to conduct an intake and subsequent session(s).