

Group Therapy

Offering a new and different dynamic to help your Teens, Tweens, and Littles to learn skills, explore challenges, and improve their mental and social health.



Intensive Outpatient Groups

We offer open group therapy workshops focused on coping with stress, anxiety, depression, self-harm, family issues, and self-esteem. A group setting can provide skills acquisition at a faster rate than traditional therapy, making progress in individual therapy much more meaningful, and can be validating and fun for the kids involved. We are very proud that we have a satisfaction rating of 9/10 from teens who have completed our program!

Our therapists use a combination of Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy to increase coping skills in a fun and engaging way. An experienced clinician leads each session and teaches skills including communication, distress tolerance, radical acceptance, anger and forgiveness, self-esteem building, positive psychology, and many others. We minimize worksheets and maximize open dialogue, role play, art therapy, and meaningful conversations to build skills.

Teen Group

12 to 18 years old

Tween Group

9 to 12 years old

Kids Group

6 to 9 years old

Ask us about setting up an intake session to get started today!

(913) 283-7704

Lead by:

Andra Wischmeier

Licensed Master Level Psychologist



Livingston
Counseling Center