

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 and behavioral needs of children with autism spectrum disorder (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 Kennedy Krieger Institute's training and research programs.

ASD Diagnostic Evaluation

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

Treatment Services

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 cope with their ASD diagnosis and symptoms, as well as with anxiety, depression and anger. Our psychologists frequently use strategies based in behavioral and cognitive behavioral therapies. 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.

Therapy may also target other concerning pediatric behaviors such as temper tantrums, elopement and noncompliance. In these cases, psychologists train parents and other caregivers to implement behavioral therapy strategies to reduce interfering behaviors and to increase positive behaviors in their child.

Group Therapy

Our clinical psychologists lead groups that focus on improving social skills among school-age children and adolescents. We also offer group sessions that emphasize how to manage different forms of 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

For more information or to schedule an appointment, please call **443-923-7630**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

KennedyKrieger.org/CARD

Physicians and Healthcare Professionals

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

Main Locations

3901 Greenspring Avenue
Baltimore, MD 21211

1741 Ashland Avenue, 5th Floor
Baltimore, MD 21205

For information about other locations, please call the numbers above.

Mailing Address

707 North Broadway
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual and personal values, beliefs and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression, including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources and advocating for the services and support they need. © 2020 Kennedy Krieger Institute 09/2020



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



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at Kennedy Krieger Institute

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