



Therapy for Children & Adolescents

Our work with children and adolescents focuses within three main areas of specialization:

- **Anxiety:** We help kids and adolescents to move past feelings of anxiety using cognitive behavioral therapy, clinical hypnosis and biofeedback or a combination of these techniques.
- **Behavioral Issues:** We work with children and teens with problem behaviors such as ADHD, oppositional defiance and other disruptive behaviors. The treatment can be conducted alongside caregivers as a comprehensive approach for families.
- **Health Problems:** We assist youth of all ages who are struggling with chronic disease such as: IBS, Crohn's Disease and Eosinophilic Esophagitis. Treatment for these problems can vary, but often includes a combination of clinical hypnosis and cognitive behavioral therapy.

How We Can Help

We have successfully worked with:

- Anxiety Problems
Test anxiety, school refusal, panic attacks, performance anxiety (sports & academic)
- Mood Disorders
Depression, emotional regulation, cutting, anxiety and anger
- Behavioral Problems
Disruptive behavior, oppositional behavior, ADHD and parenting skills
- Health Issues
IBS, Crohn's Disease, Eosinophilic Esophagitis (EoE), Bruxism, Eczema, chronic pain, eating disorders and obesity.

About Sessions: There are options for flexible and convenient scheduling which include afternoon and evening appointments, as well as shorter sessions or phone sessions when requested. A typical session is 60-90 minutes.

Dr. Ali Navidi is a licensed clinical psychologist with a doctorate from Argosy University. He treats individuals of all ages, couples and families with the full spectrum of mental health difficulties, including: depression, anxiety, panic disorders, phobias, substance abuse, child and adolescent behavioral issues and family conflict. Dr. Navidi has comprehensive training and certification in the use of brief/short-term therapy techniques and clinical hypnosis through the American Hypnosis Training Academy, as well as training through the American Society of Clinical Hypnosis. Additionally, he works as a consultant to private corporations and the Federal government in improving leadership and team effectiveness. He formerly worked within mental health emergency services as a consultant to police in barricade and hostage situations and as a member of a Mobile Crisis Unit where he conducted outreach for high-risk suicidal, dangerous and psychotic clients.

Fereshteh Khodaei Shahrokhi, LSSW, LCSW is a Licensed Clinical Social Worker and Licensed School Social Worker with more than 40 years of experience in a variety of specialties working with troubled adolescents. Fereshteh has provided services to students from preschool-12 grade within the Fairfax County Public Schools (FCPS) for 17 years and was the recipient of "The School Social Worker of the Year" Nomination by the Fairfax County Association of School Social Workers (FASSW) in 2010-2011. She was the only School Social Worker known as an *ADHD expert* at FCPS and has received recognition from CHADD for outstanding services provided to students with ADHD and their parents. Fereshteh also has several years of experience in a multitude of clinical settings and has a wide range of clinical trainings on Reactive Attachment Disorder, OCD, Pediatric Bipolar Disorder, Depression, Injurious Behaviors, Anxiety in Children, and Cognitive Behavioral Therapy.