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Spring 2022 Newsletter



May is Mental Health Awareness Month. For those of us in the field of mental health, every month is mental health awareness month. We hope it is for you as well. Self-care, self-compassion, taking charge of your life, doing things that bring you joy or peace, getting rest, taking breaks, checking in with loved ones, even checking in on those who "look fine," we hope this happens for each of you on a regular basis. Our team is privileged to share our passion and expertise with each of you and we are grateful that you put your trust in us for your mental health care and for the care of your loved ones.


This newsletter will highlight the many new group services we are

offering, including many more innovative groups for kids and teens so we can do an even better job responding to the overwhelming requests for pediatric anxiety and OCD services that come to us each day. We are also excited to share the addition of new staff that are joining our ever growing team this summer (with more therapists joining us in the fall).

I'm also mindful that May is also the month we "celebrate" Mother's Day (c'mon, we all know that every day is Mother's Day). Our therapists and practice manager have huge responsibilities in the work that we do. I could thank and honor each of my team members every day for being amazing people with all the normal challenges we face individually (physical, mental health, family matters). But being a working parent, mom or dad, adds additional pressures, guilt, and disruptions (AND loving moments of course).

In honor of Mother's Day, the following is a small excerpt from a beautifully honest piece written by one of our moms on the team, Marti Munford, LPC, in her recent reflections from Mother's Day.

"Motherhood is an endless paradox - the ability to feel like you're doing everything only to look around and feel like nothing is accomplished. It's pulling your hair out wishing they would show some independence and then feeling terrified when they do. It's constantly wishing you could be two places at once. It's knowing that the role of mother is your favorite thing about yourself and simultaneously feeling suffocated by the title." **Marti's complete story is linked below and it's a must read for any parent.**

It is never lost on me that over half of our team is comprised of amazing working moms (and a dad), so I want to extend a BIG belated Happy Mother's Day to each of you beautiful people who work hard each day to balance your job as a mom with the work you do on our team!! Much admiration and love  to all moms out there!!

Happy Spring!

Face your fears. Live with uncertainty. Take Control of your life.

Dr. Josh Spitalnick, CEO/Practice Owner

Licensed Psychologist

Board Certified in Behavioral and Cognitive Psychology

Email me at drspitalnick@anxietyatl.com if you have any questions, concerns, or positive news to share!

Click Here to see Marti Munford, LPC's full article, "Embracing the Messiness of Motherhood"

Team Highlights

Welcome Dr. Haley Byers, PhD, DBSM Licensed Psychologist

We are excited to announce the addition of a Dr. Byers who joins our team as one of the leading experts in the state of Georgia in Behavioral Sleep Medicine. She will be accepting new patients starting in July 2022.



Dr. Byers is a licensed psychologist and Diplomate in Behavioral Sleep Medicine (DBSM). She specializes in treating adults with anxiety and depression, with particular focus on trauma and stress related disorders, OCD, generalized anxiety disorder, and adjustment issues including the postpartum period. In addition, she has expertise in treating insomnia and other sleep difficulties such as chronic nightmares, circadian rhythm sleep disorders, and

difficulty tolerating CPAP for sleep apnea. Dr. Byers relies on evidence-based treatments and techniques, e.g., Cognitive-Behavioral Therapy, exposure therapies such as Exposure and Response Prevention, Prolonged Exposure or Cognitive Processing Therapy for PTSD, mindfulness, and acceptance-based approaches.

Dr. Byers was born and raised in Auburn, Alabama (home of Auburn University) though she studied at rival schools – the University of Georgia and the University of Alabama. If you want to learn more about her background, or what she does for fun away from work, click below. We are so very excited to have Dr. Byers join our team as the mental health needs of our community continue to rise. Haley, welcome to Anxiety Specialists of Atlanta!

[Click Here to see Dr. Byer's bio and contact information](#)

Welcome Jessie Jensen, M.S., (APC pending)

We are also excited to announce the addition of Jessie Jensen,

MS who joins our team for at least the next three years in training as a soon to-be Associate Professional Counselor (APC) training to become a Licensed Professional Counselor. She will be accepting new patients starting in June 2022.



Jessie Jensen, M.S. holds a Masters Degree in Clinical Mental Health Counseling and, pending application review by the Georgia Composite Board of Professional Counselors, she will become an Associate Professional Counselor (APC) this summer in 2022. She specializes in working with adolescents, teens, and young adults using Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT) to treat a variety of mental health conditions.

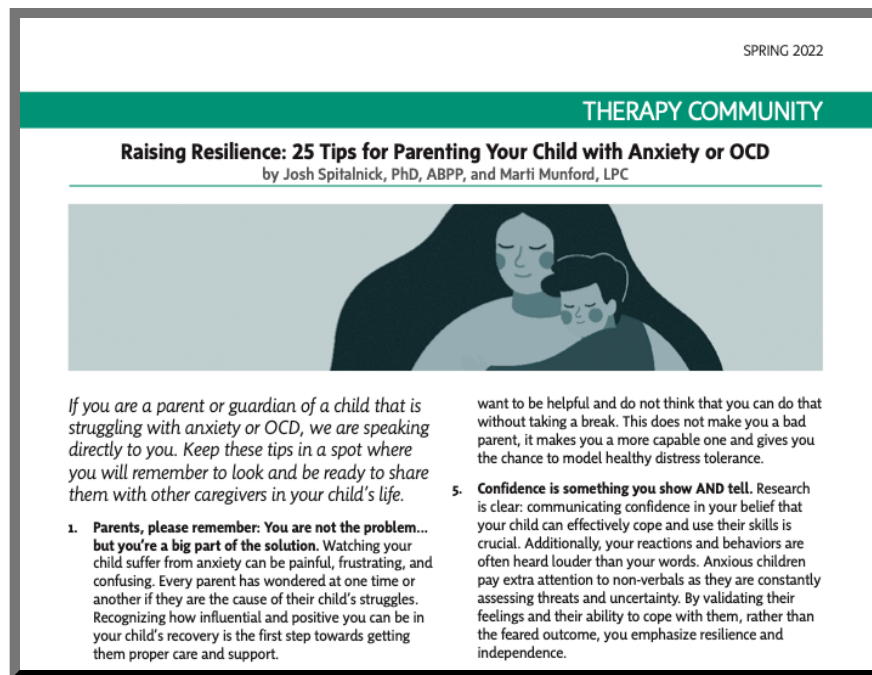
Through her experience working with college students at Kennesaw State University and other training experiences, Jessie has focused on working with individuals who struggle with anxiety including social anxiety, school and work anxiety, perfectionism and performance anxiety, and situational fears and phobias. She also works with depression and mood issues, as well as with survivors of assault and individuals with eating disordered behaviors.

Jessie plays both piano and violin and is classically trained in both, has two goldendoodles, loves dogs and will stop to say hi to any dog whenever possible. If you want to learn more about her background, or what she does for fun away from work, click below. We are so very excited to offer Jessie three years of specialty training as an anxiety specialist as she works towards becoming a Licensed Professional Counselor.

[Click Here to see Ms. Jensen's bio and contact information](#)

News and Notes

Shared in our [November 2021 Newsletter](#), Dr. Josh Spitalnick and Marti Munford, LPC co-authored a resource guide for parents in the Fall of 2021, titled "Raising Resilience: 25 Tips for Parenting your Child with Anxiety or OCD." We are very proud to announce this resource, which provides the balance of practical tips and techniques, compassion-filled guidance, and science-backed information, was recently published in The International OCD Foundation's (IOCDF) most recent **Spring 2022 Newsletter** (see below).



To access the original version on our website, [CLICK HERE](#)

To access the IOCDF's Spring 2022 Newsletter, [CLICK HERE](#)

Treatment and Support

Groups



We are excited to announce new and innovative groups that launch in June, July, and August, with online registration now open on our [Treatment and and Support Groups Page](#).

We continue to offer a variety of monthly FREE support groups, along with our low-cost group therapy services and family-focused workshops. We continue to offer easily accessible groups over Zoom and are offering more in-person groups, all while maintaining strict guidelines in our offices and with all guests for the health and safety of everyone. Below, you will see many of our recurring groups that always fill up, but I'm so impressed with my team's desire to think outside the box and create innovative (and fun) groups for kids and teens with anxiety and OCD.

As always, each group is proposed, approved and then developed specifically to address the treatment gaps our team identifies, based on new requests for services. All groups are aimed at increasing the **accessibility, availability, and affordability** of evidence-based care. This remains core to our mission.

Check out our [Treatment and and Support Groups Page](#) for all the details.

Fear Fighters

An Exposure Based
Therapy Group
for Children



A cognitive behavioral therapy skills based group designed to help children:

- better understand and cope with physical symptoms of anxiety
- identify and challenge anxious thoughts
- build confidence by facing their fears through exposure

Who: Children ages 7 to 11

Time: Wednesdays from 6-7:30pm


Dates: 6/15 to 8/17 (10 sessions)

Where: 1360 Center Drive, Suite 200, Dunwoody, GA

Led by: Dr. Shannan Edwards

For more information, go to:

<https://anxietyspecialistsofatlanta.com/groupservices/>


ANXIETY SPECIALISTS
of ATLANTA
Evidence-based Psychological Services

For more information, [CLICK HERE](https://anxietyspecialistsofatlanta.com/groupservices/)

Tuesdays 6-7:30pm
Beginning July 5

Offered in-person
in Dunwoody, GA



IMPROV

FOR TEEN SOCIAL ANXIETY

Teens will learn mindfulness and exposure therapy-based skills to manage their social anxiety.

6 total groups, \$100 per session

Register at anxietyspecialistsofatlanta.com under "Treatment Groups"

Contact Dr. Cameron Mosley at drmosley@anxietyatl.com

ANXIETY SPECIALISTS
of ATLANTA
Evidence-based Psychological Services

For more information, [CLICK HERE](#)

Join our **Support Group for Mothers of Anxious children.**
Learn to live with uncertainty, build confidence and encourage calm and joy, within the chaos of motherhood.



Facilitated by Dr. Theresa Welles, Licensed Psychologist and anxiety specialist, meetings will be held in person and start with

answering common questions and challenges affecting mothers of children with anxiety. Group members will have the opportunity to share their own successes and struggles, past and current.

Members will be able to offer support and guidance to other group members as well as receive encouragement and inspiration from other members. Personal goals will be set at the end of each meeting and the group's universal goal is for every member to: find balance and thrive in daily life, increase self-care activities, rediscover your pride as a caregiver.

[CLICK HERE to get full details and Register](#)

Adult **SOCIAL ANXIETY** *Group*

AN IN-PERSON THERAPY GROUP FOR ADULTS WITH SOCIAL ANXIETY

THE GROUP WILL MEET WEEKLY TO RECEIVE SUPPORT AROUND SOCIAL ANXIETY CONCERNS, AND ENGAGE IN REAL WORLD EXPOSURE ACTIVITIES OUTSIDE OF THE OFFICE TOGETHER

WHO: ADULTS WHO STRUGGLE WITH SOCIAL ANXIETY

TIME: TUESDAYS FROM 6-7:30 PM

DATES: 6/14 TO 8/9 (NO MEETING ON 7/12)

WHERE: AT THE OFFICES OF THE ANXIETY SPECIALISTS OF ATLANTA, LOCATED AT 1360 CENTER DRIVE, SUITE 200, DUNWOODY, GA

COST: 8 SESSIONS, TOTAL COST \$800

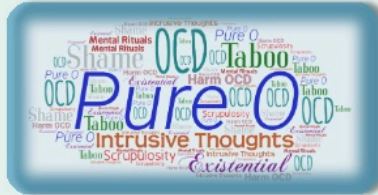
LED BY: DR. MEGAN FAYE

**SIGN UP UNDER THE "TREATMENT GROUPS" PAGE AT
ANXIETYSPECIALISTSOFATLANTA.COM**

WWW.ANXIETYSPECIALISTSOFATLANTA.COM • 678-825-2320 •
1360 CENTER DRIVE, SUITE 200, DUNWOODY, GA 30338

For more information, [CLICK HERE](#)

An OCD/Health Anxiety Support and Skills Group



Facilitated by Josh Spitalnick, PhD, ABPP, participants will revisit the basics of OCD/Health Anxiety along with strategies driven by Exposure and Response Prevention (ERP) and Acceptance and Commitment Therapy (ACT). Group members will support and advise each other and set treatment goals at the end of each meeting.. Together, our mutual goals will be to:

Face fears on a daily basis...Learn to *be ok not being ok*...and learn to *live with UNCERTAINTY*

This group will be held Tuesdays, starting June 21, 2022, 130pm-3pm. It meets every weeks for 8 sessions. 7 spots available.

Each session will cost \$80 (Total cost \$640).

Attendees must be 18 or older, have been diagnosed with OCD or health anxiety and have not been hospitalized for safety concerns in the last 6 months. If attendee has not been assessed by a member of Anxiety Specialists of Atlanta, an abbreviated intake (with associated costs) may be required.

To register, go to the [TREATMENT GROUPS](https://anxiety-specialists-of-atlanta.com/treatment-groups/) page tab at <https://anxiety-specialists-of-atlanta.com/groupservices/>

Location: Virtually through secure Zoom link

1360 Center Drive, Suite 200, Dunwoody, GA 30338
678.825.2320
www.anxiety-specialists-of-atlanta.com

For more information, [CLICK HERE](#)

GETTING HELP FOR YOUR ARFID

WHAT IS AVOIDANT/RESTRICTIVE FOOD INTAKE
DISORDER? HOW IS IT TREATED?



For more information, [CLICK HERE](#)

Parenting Support and Skills Group: Managing Conflict at Home

**Learn skills to manage your anxious
child's behaviors, such as:**

- tantrums
- talking back
- not following directions
- anger outbursts
- name-calling
- aggression

details:

Wednesdays 12-1:30 pm
via Zoom

Starting June 1, 2022

Parents of children ages
5-11

\$100 per session, 7 sessions

Contact Dr. Cameron Mosley
drmosley@anxietyatl.com

Register under the "Treatment Groups" tab
anxietspecialistsofatlanta.com

For more information, [CLICK HERE](#)

Do you have a spouse, a partner, a teenager, a parent, an adult child, or a loved one with OCD?

Are you looking to connect with others who recognize the struggles of loving and supporting someone with OCD?



**Join our Monthly (free)
Family Member OCD Support Group**
**For anyone 18+ who supports loved ones (over the age
of 13) struggling with OCD**

For more information, [CLICK HERE](#)

Check out our [Treatment and and Support Groups Page](#) on our website for descriptions, full flyers, and registration details for these and all other upcoming groups and events.



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