

## **School Refusal Services at CFA**

Child & Family Associates of Greater Washington, LLC (CFA) offers tailored and intensive treatment for students struggling with school anxiety, school avoidance, and/or school refusal behavior. Our skilled and caring clinicians use rapid rapport-building, evidenced-based interventions, as well as an integrative and wraparound approach to support students 8 - 17 years old and their parents in facing fears, overcoming challenges, and increasing confidence. We tailor our interventions to clients specific needs and --depending on need and progress in treatment--we meet up to three times a week: at our office, in the school, at your home, or in the community

### *CFA's Approach*

- Child-focused individual Cognitive Behavioral (CBT/Integrative) psychotherapy
- Parent/family-focused Cognitive Behavioral (CBT/Integrative)
- Psychological evaluation
- Child-focused Cognitive Behavioral (CBT/Integrative) group psychotherapy
- School consultation

School anxiety, avoidance, and refusal are confusing and complicated clinical issues. While some students present with difficulty staying in class or frequent trips to the counselor, some struggle to get to school at all. Parents are often at a loss for how to respond to their child's distress and before long the whole family is impacted. In order for students and parents to go from feeling anxious, stressed, and isolated to calm, confident, and connected, they need a little more skills, a lot more exposure, and the right kind of support. At CFA we know that clinicians require specific training, schools benefit from collaboration with the treatment provider, and families desire an approach tailored to their specific needs.

For more information or to make a referral, please call  
**703-533-3930 extension 1.**