

DR. GANGAROSA-EMERSON

Dr. Gangarosa-Emerson began counseling adults through the Atlanta Biblical Counseling Center. While in her PhD program at the University of Georgia, she worked with parents, children, and adolescents in the UGA School Psychology Clinic, the Emory University Child & Adolescent Psychiatry Outpatient Clinic, and the Medical College of Georgia Marriage & Family Therapy Clinic. She completed her internship in Clinical Psychology at the Allegheny University of the Health Sciences serving children, parents, and single adults through the Marriage & Family, Behavior Therapy, and Child Outpatient Clinics and the Child & Adolescent inpatient units. She has over ten years of experience serving individuals in a therapeutic context.

**Maria E. Gangarosa-Emerson, PhD PC
Licensed Psychologist**

**WHAT IS
PSYCHOTHERAPY &
WHO MAY BENEFIT?**

*Providing services to children,
adolescents, and adults.*



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WHO MAY BENEFIT FROM THERAPY?

Children who are

- not minding adults
- angry or verbally and/or physically aggressive
- anxious, sad or withdrawn
- overactive at home and/or school
- having difficulty sleeping, eating or getting along with peers
- experiencing multiple placements (e.g., foster care, adoption, blended families)

Adults who are

- anxious or experiencing panic attacks
- depressed, down, or sad for extended periods of time
- having difficulty in relationships

THERAPY

Problems are approached in a multi-faceted manner for both children and adults. Adults are taught multiple techniques to manage disruptive thoughts and behaviors.



PARENT-CHILD INTERACTION THERAPY (PCIT)

PCIT is 6-8 week program designed for children 2–7 years old to improve the parent-child relationship and gain control of behavior. Added benefits include the child's increased attention span and self-esteem. A discipline portion is incorporated into PCIT to increase compliance both at home and in public. Parents of older children will learn behavioral techniques to help the child decrease negative and increase positive behaviors.



CHILD PLAY THERAPY (PT)

Once family and/or behavior problems have been addressed, some children may also be good candidates for Child Play Therapy. In PT, children are allowed the opportunity to work out individual issues in play with the guidance of the therapist.

COGNITIVE REHABILITATION

Cognitive rehabilitation is therapy designed to assist the “whole” individual after experiencing head trauma. Therapy focuses on helping the client develop compensatory strategies for areas of weakness and develop coping and problem-solving skills to allow him/her to reintegrate with family and community. Therapy also provides the client and his/her family with a safe forum for expressing feelings and obtaining information regarding expectations for change.



NEUROPSYCHOLOGICAL & PSYCHOLOGICAL TESTING

Testing services are also available for children and adults with developmental disabilities, head injuries, or neurological disorders. Evaluations are tailored to the individual.

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