

The CAMAT Program is not accepting new clients at this time. We plan to begin accepting new clients again in mid-July 2025.

We understand there is a high need for behavioral health services and you may need to explore additional options for your children. We have identified several reputable behavioral health providers in our community who may be accepting new clients or offer shorter wait times. These providers specialize in a range of therapeutic services, including counseling, psychotherapy, family therapy, and mental health assessments.

Group Private Practices

Pediatric Psychology Associates (PPA)

Website: <https://www.southfloridatherapists.com>

Phone: (305) 271-8222

Email: info@mailppa.com

Locations: Offices in Miami Beach, South Miami, Aventura, Boca Raton, and Hollywood

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Individual therapy
- Testing/assessment
- Social skills groups
- Anxiety and OCD Intensive Outpatient Program (IOP)

ii. *Currently Providing Services for the Following Concerns*

- Anxiety
- Depression
- OCD
- Autism Spectrum Disorder
- ADHD
- Trauma

iii. *Payment*

- PPA is an out-of-network provider with all insurance plans
- Standard consultation and treatment sessions are 45 minutes and fees for these services vary (\$210 or \$300) based on the clinician's license level. Initial consultations with one of the directors/practice owners are \$400.

- <https://www.southfloridatherapists.com/forms-payment-info/payment-information/>

South Miami Psychology Group

Website: <https://www.southmiamipsychologygroup.com/>

Phone: (305) 662-2686

Email: info@southmiamipsychologygroup.com

Location: 10205 South Dixie Highway, Suite 203, Miami, FL 33156

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Individual therapy - Children, Teens, Adults
- Family Therapy
- Couples Therapy
- Testing for adults and children
- LGBTQ+ Affirming Therapy

ii. *Currently Providing Services for the Following Concerns*

- Trauma
- Eating Disorders
- OCD
- ADHD
- Mood and Anxiety Disorders

iii. *Payment*

- Self-Pay, insurance is not accepted
- Intake session (50-60 minutes): \$200-\$300
- Individual therapy session (50 minutes): \$150-\$200
- Couples or family therapy sessions (50 minutes): \$175-\$275
- <https://www.southmiamipsychologygroup.com/faq/>

Kalsner Psychology Center (Miami Beach and Weston)

Website: <https://www.kalsnerpsych.com>

Phone: 305-866-3579

Email: Kalsner@icloud.com

Locations: 5151 Collins Ave, Suite 223, Miami Beach , FL 33140 and 1398 SW 160th Avenue, Suite 303, Weston, FL 33326

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Assessment
- Individual therapy
- Group therapy
- Family therapy
- Behavior Management
- Parenting Skills and Parent Consultations
- Play Therapy
- Dialectical Behavior Therapy (DBT) Groups
- Dialectical Behavior Therapy (DBT) for both Adolescents and Adults

ii. *Currently Providing Services for the Following Concerns*

- Anxiety disorders
- Treatment resistant depression
- Eating disorders
- OCD
- Trauma

iii. *Payment*

- \$200-\$400 per session
- Sliding scale fees are available on a case-by-case basis, depending upon client circumstances and need
- <https://www.kalsnerpsych.com/fees/>

Neurobehavioral Institute (NBI) Weston and Coral Gables

Website: <https://neurobehavioralmiami.com/>

Phone: 305-866-3222

Email: admissions@nbweston.com

Locations: 2695 S LeJeune Rd. Suite 201, Coral Gables, FL 33134

2233 N Commerce Parkway Suite 1 & 3, Weston, FL 33326

i. *Clinical Services Provided*

- Individual therapy
- Group therapy
- Diagnostic evaluation
- In-home therapy
- School & workplace consultations
- Family workshops
- Intensive therapy
- Supported living program

- ii. *Currently Providing Services for the Following Concerns*
 - Anxiety
 - Obsessive-compulsive disorders
 - OCD-related food concerns
 - Behavioral concerns
 - Depression and mood disorders
 - Autism Spectrum Disorders (ASD)
 - PANDAS
- iii. *Payment*
 - Do not accept insurance
 - First clinical consultation (60minutes): \$700
 - Sessions (45 minutes) -vary depending on type of consultation: \$500

MiMo Psychotherapy Group

Website: <https://www.mimopsychotherapy.com>

Phone: 305-676-2323

Email: Contact@mimopsychotherapy.com

Locations: 7300 Biscayne Blvd Suite 200, Miami, FL 33138

Offers Telehealth? Yes

- i. *Clinical Services Provided*
 - DBT & CBT for adults and adolescents (10+)
 - Family therapy
 - Individual therapy
 - Parent coaching
 - Group therapy (adults and adolescents)
- ii. *Currently Providing Services for the Following Concerns*
 - Treatment-resistant anxiety and depression
 - Mood disorders
 - Obsessive-Compulsive disorders
 - Autism Spectrum Disorders (ASD)
 - Trauma/PTSD
 - Self-harm and suicidal ideation
- iii. *Payment*
 - Sliding scale is determined case by case.
 - Individual sessions (45 minute): \$250
 - Intake evaluations (60 minutes): \$330

- Group sessions: \$90
- Insurance is not accepted; however financial assistance is available for qualified persons in need and some insurance companies authorize single case agreements
- Provide invoices to submit for out-of-network benefits

Private Practitioners

Dr. Niza Tonarely-Busto

Dr. Niza Tonarely-Busto completed her doctoral degree in clinical psychology at the University of Miami as a graduate student in the CAMAT Program and is currently our clinical director. She is a certified therapist in the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/A), which is the treatment we offer at CAMAT. She is also trained in a variety of evidence-based treatments for disorders such as anxiety, depression, obsessive-compulsive, tics/Tourette's, ASD, and disruptive behavior concerns.

Website: <https://www.drnizatonarely-busto.com/about>

Phone: 786-396-2809

Email: info@drnizatonarely-busto.com

Location: 7301 SW 57th Court, Suite 565, Miami, FL 33143

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Individual therapy
 - Cognitive Behavioral Therapy (CBT)
 - Exposure Response Prevention (ERP)
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/A)
- Supportive Parenting for Anxious Childhood Emotions (SPACE)
- Parent-Child Interaction Therapy (PCIT)
- Comprehensive Behavioral Intervention for Tics (CBIT)

ii. *Currently Providing Evaluations and Treatment for the Following Concerns*

- Anxiety
- Depression
- Selective mutism

- Obsessive-compulsive disorders
- Tics/Tourette's Disorder
- Autism Spectrum Disorder
- Disruptive behavior disorders

iii. *Payment*

- Not an in-network provider, but can offer documentation upon request for out-of-network reimbursement
- Initial consultation: \$250
- Standard therapy appointments: \$225/session

Dr. Jamie Sherman

Dr. Jamie Sherman completed her M.S. and Ph.D. in clinical psychology at the University of Miami as a graduate student in the CAMAT Program. She is an author of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/A), which is the treatment we offer at CAMAT and is a clinical supervisor for our program. Dr. Sherman specializes in anxiety, depression, OCD, ASD, childhood behavior problems, selective mutism, tic disorders, and trichotillomania.

Website: <https://www.jacobcenterforebt.com/jamie-sherman-phd.html>

Phone: (561) 290-9080

Email: drjamiesherman@jacobcenterforebt.com

Location: Jacob Center for Evidence-Based Treatment: 7900 Glades Road, Suite 615, Boca Raton, FL 33434

Offers Telehealth: Yes

i. *Clinical Services Provided*

- Individual therapy
 - Cognitive Behavioral Therapy (CBT)
 - Exposure and Response Prevention (ERP)
 - Habit Reversal Training (HRT)
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/A)
- Parent Child Interaction Therapy (PCIT)
- Supportive Parenting for Anxious Childhood Emotions (SPACE)
- Comprehensive Behavioral Intervention for Tics (CBIT)

ii. *Currently Providing Services for the Following Concerns*

- Anxiety
- Depression

- OCD
- Autism Spectrum Disorders
- Childhood behavior problems
- Selective Mutism
- Tic Disorders
- Trichotillomania

iii. *Payment*

- Not an in-network provider, but can offer documentation upon request for out-of-network reimbursement

Dr. Amy Beaumont

Dr. Amy Beaumont is a licensed psychologist who specializes in the evaluation and treatment of individuals with neurodevelopmental disorders, such as Autism Spectrum Disorder (ASD), Social-Communication Disorder, and Attention-Deficit/Hyperactivity Disorder (ADHD), as well as Anxiety Disorders, Obsessive-Compulsive Disorders (OCD), Mood Disorders, and other pediatric conditions. Dr. Beaumont currently serves as the Director of the University of Miami's Autism Spectrum Assessment Clinic, Clinical Supervisor of the Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program, and Clinical Supervisor of the Psychological Services Center. She has 20 years of experience providing evidence-based treatments including applied behavior analysis (ABA), cognitive-behavioral therapy (CBT), exposure/response prevention (ERP), social skills training, and Parent-Child Interaction Training (PCIT).

Website: <https://www.amybeaumont.com/>

Phone: (954) 953-6263

Location: 1350 Tamiami Trail N., Suite 202 Naples, FL 34102

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Autism evaluations
- Individual Therapy
 - Cognitive Behavioral Therapy (CBT)
 - Exposure and Response Prevention (ERP)
 - Social skills training

- Parent Training and Support

ii. Currently Providing Services for the Following Concerns

- Autism Spectrum Disorders (ASD)
- Anxiety Disorders
- Obsessive-Compulsive Disorder (OCD)
- Phobias
- Separation Anxiety
- Selective Mutism
- Panic Attacks
- Depression
- Tourette's and Tic Disorders
- Parent-Child Interaction Therapy (PCIT)

iii. Payment

- Not currently accepting insurance
- Provides Good Faith Estimates of fees for services
- Fees available upon request
<https://www.amybeaumont.com/contact/>

Dr. Elizabeth Penela

Dr. Elizabeth Penela is a bilingual licensed clinical psychologist. She completed her doctoral training at the University of Miami and completed a post-doctoral fellowship in the CAMAT Program under the mentorship of Dr. Jill Ehrenreich-May. Dr. Penela is specialized in the treatment of anxiety, OCD, and related concerns and offers evidence-based treatment for these concerns, primarily cognitive behavioral therapy (CBT) and exposure and response prevention (ERP).

Website: <https://www.wellnessinbroward.com/meet-dr-penela.html>

Phone: (954) 577-2727

Email: drpenela@wellnessinbroward.com.

Location: 15800 Pines Boulevard, Pembroke Pines, FL 33027

Offers Telehealth? Yes

i. Clinical Services Provided

- Individual Therapy
 - Cognitive Behavioral Therapy (CBT)
 - Exposure and Response Prevention (ERP)
- Parent Training and Support

ii. Currently Providing Services for the Following Concerns

- Anxiety Disorders
- Obsessive-Compulsive Disorder (OCD)
- Related concerns

iii. Payment

- Not an in-network provider, but can offer documentation upon request for out-of-network insurance reimbursement
- Initial intake consultation (75 minutes): \$395
- Follow-up therapy appointments (50 minutes): \$295/session

Dr. Anne Morrow

Dr. Morrow received her Ph.D. in Clinical Psychology from Florida International University and completed her post-doctoral training at the Mailman Segal Center at Nova Southeastern University, a center focused on improving the lives of young children with autism, in August 2020. She offers both web-based and in-person services, including Cognitive Behavioral Therapy (CBT), behavioral parent training, consultation with teachers and schools, dialectical behavioral therapy skills training, and motivational interviewing. She also serves as a clinical supervisor for the CAMAT Program. She is a behaviorally-focused clinician who collaborates with children, individuals, and families to build success in their lives that is in line with their core values.

Website: <https://southfloridaintegrativemed.com/anne-morrow-phd>

Phone: 786-664-7810

Email: contact@southfloridaintegrativemed.com

Location: 5915 Ponce de Leon Blvd., Suite 23, Miami, Florida 33146, United States

Offers Telehealth? Yes

- i. *Clinical Services Provided*
 - Assessment
 - Individual therapy
 - Family therapy
 - CBT and DBT Skills training
 - Behavioral parent training
 - Motivational interviewing
- ii. *Currently Providing Services for the Following Concerns*
 - ADHD
 - Autism Spectrum Disorder
 - Anxiety
 - Depression
- iii. *Payment*
 - Not currently accepting insurance
 - Provides superbills to patients for potential insurance reimbursement

Natalia Ruiz-Nardone (Seeds of Hope Behavioral Health)

Website: <https://www.seedsofhopebh.com/our-team>

Phone: 786-245-4463

Email: Info@seedsofhopebh.com

Location: 3081 Salzedo St, Suite 202, Coral Gables, FL 33134

- iv. *Clinical Services Provided*
 - Parent-Child Interaction Therapy (PCIT)
 - Psychological evaluations
 - Gifted evaluations
- v. *Currently Providing Services for the Following Concerns*
 - Child disruptive behavior
 - Child having hard time sharing/taking turns
 - Child having hard time following instructions
- vi. *Payment*
 - Contact directly

Low Cost/Insurance Based Programs

Center for Children and Families at Florida International University (CCF FIU)

Website: <https://ccf.fiu.edu/about/index.html>

Phone: 305-348-0477

Email: ccf@fiu.edu

Location: Florida International University, Modesto A. Maidique Campus, 11200 SW 8th Street, AHC1 140

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Individual therapy
- Group therapy
- Parenting services and classes
- Psychoeducational evaluations
- School consultation
- Parent-Child Interaction Therapy (PCIT)
- Other Programs listed on their website

ii. *Currently Providing Services for the Following Concerns*

- Anxiety & fears
- Conduct & behavioral problems
- Family stress & parenting support
- Mood problems & depression
- Problems with academic & social skills

iii. *Payment*

- Some services are offered free of charge through local and federal research grant funding
- Some services are available on an income-based sliding fee scale
- They accept some forms of insurance

Pediatric Psychology Clinic at the University of Miami (PPC)

Website: [https://umiamihealth.org/treatments-and-services/pediatrics/developmental-and-behavioral-health-\(pediatrics\)/mailman-center-services/pediatric-psychology-clinic](https://umiamihealth.org/treatments-and-services/pediatrics/developmental-and-behavioral-health-(pediatrics)/mailman-center-services/pediatric-psychology-clinic)

Phone: 305-243-6857

Email: spellot@med.miami.edu

Location: Mailman Center for Child Development, 1601 NW 12th Ave, Miami FL, 33136

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Individual therapy
- Group therapy
- Behavioral parent training
- Cognitive behavioral therapy
- Social problem-solving skills training
- Trauma-focused CBT

ii. *Currently Providing Services for the Following Concerns*

- Anxiety and mood disorders
- Tantrums and oppositional behavior
- ADHD
- Social skills
- Sleep problems
- Trauma
- Coping and adjustment
- Family conflict, Parent-child relational problems

iii. *Payment:*

- Accepts most health insurance plans, excluding Medicaid

Psychological Services Center at the University of Miami (PSC)

Website: <https://psc.psy.miami.edu/index.html>

Phone: (305) 284-4265

Email: psychservices@psy.miami.edu

Location: University of Miami, Flipse Building, 5665 Ponce de Leon Boulevard, Second Floor, Coral Gables, Florida 33146

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Individual Psychotherapy
- Group Psychotherapy
- Psychoeducational Assessment
- Specialty Programs

ii. *Currently Providing Services for the Following Concerns*

- Academic concerns
- Anger and irritability
- Anxiety disorders
- ADHD
- Coping with chronic illness or pain
- Depression
- Eating disorders
- Family, marital, or relationship conflict
- Grief
- Hair-pulling or skin-picking
- Insomnia
- OCD
- PTSD
- Social skills
- Tourette's syndrome and tic disorders

iii. *Payment*

- Therapy session fees are on a sliding scale based on income.
- <https://psc.psy.miami.edu/payment-info/index.html>

Parent-Child Interaction Therapy (PCIT) at the University of Miami Mailman Center for Child Development

Website: <https://umiamihealth.org/PCIT>

Phone: 305-243-0234

Email: pcit@med.miami.edu

Locations: Mailman Center for Child Development, Overtown, Little Havana, Coral Gables, Homestead, Kendall

Offers Telehealth? Yes

i. *Clinical Services Provided*

- **PCIT:** PCIT is a program is for parents of children ages 2-7 who struggle with behavioral concerns. As part of the PCIT program, you will:
 - Learn effective strategies to respond to difficult behaviors.
 - Use positive reinforcement, calm discipline, and structured commands to encourage positive interactions.

- Strengthen your relationship with your child through guided play and engagement.
- **PCIT-CALM:** The PCIT-CALM program is for parents of children ages 3-9 experiencing anxiety, fear, or social discomfort. As part of the PCIT-CALM program, you will:
 - Learn how to provide positive attention and gradual exposure therapy to help your child face fears.
 - Receive real-time coaching to help you support your child during anxious situations.
 - Help your child gain confidence and feel comfortable in situations they previously avoided.

ii. *Payment:*

- No cost

Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFTA)

Website: <https://sites.education.miami.edu/ciffta/>

Phone: (305) 284-3040

Email: kao43@miami.edu

Location: 1507 Levante Avenue, Second Floor, Coral Gables, FL 33146

Offers Telehealth? Mostly in person

i. *Clinical Services Provided*

- Family treatment/therapy
- Individual treatment/therapy
- Psychoeducation

ii. *Currently Providing Services for the Following Concerns*

- Mood and anxiety disorders
- Family conflict
- Self-Harm

iii. *Payment*

- Provider dependent

Citrus Health Network

Website: <https://citrushealth.org/children-mental-behavioral-health>

Phone: 305-825-0300

Email: slopez@citrushealth.com

Locations: Hialeah, FIU

Offers Telehealth: Yes

i. Clinical Services Provided

- Assessment
- Emergency Services
- Crisis Stabilization
- Individual Therapy
- Family Therapy
- Medication Management

ii. Currently Providing Services for the Following Concerns

- Anxiety Disorders
- Obsessive-Compulsive Disorder (OCD)
- Substance Abuse Management
- Trauma and Stressor-Related Disorders
- Parent-Child Interaction Therapy (PCIT)

iii. Payment

- Provides list of several accepted insurances for behavioral services
<https://citrushealth.org/s/Insurance-Plans-Behavioral-659n.pdf>

Community Health of South Florida: <https://chisouthfl.org/services/behavioral-health-care/>

Phone: (305) 252-4820

Email: <https://chisouthfl.org/contact-us/>

Locations: Coral Gables, South Miami, West Kendall, Homestead, Cutler Bay

Offers Telehealth: Yes

ii. Clinical Services Provided

- Assessment
- Emergency Services
- Crisis Stabilization
- Individual Therapy
- Inpatient services
- Family Therapy
- Medication Management

ii. Currently Providing Services for the Following Concerns

- Anxiety Disorders

- Obsessive-Compulsive Disorder (OCD)
- Substance Abuse Management
- Trauma and Stressor-Related Disorders

iii. *Payment*

- Provides list of several accepted insurances for behavioral services
<https://chisouthfl.org/insurances-accepted/>

Intensive Mental Health Services

For families looking for a more intensive types of therapy (e.g. more than once weekly). More intensive therapy programs are often needed when children are more severely limited by their symptoms (e.g. unable to go to school, unable to take care of themselves, most of the day is spent engaging in avoidance or compulsive behaviors).

Intensive Outpatient Therapy (IOP) is a structured, non-residential treatment program that typically offers multiple therapy sessions per week (3-5). This is a step up from traditional therapy, but without the need for 24-hour supervision.

Partial Hospitalization Programs (PHP) or “day programs” offer structured therapy sessions typically for multiple hours a day multiple days per week. This is a step up from traditional therapy and IOP, but still allows clients to live at home and maintain independence.

Rogers Behavioral Health

Website: <https://rogersbh.org/locations/miami-fl>

Phone: 305-929-0600

Location: 5805 Blue Lagoon Drive, Suite 440, Miami, FL 33126

Offers Telehealth? Yes

i. *Clinical Services Provided*

- Intensive outpatient care
- Partial hospitalization programs

ii. *Currently Providing Services for the Following Concerns*

- OCD and Anxiety
- Depression and Other Mood Disorders
- Eating Disorders
- Trauma and PTSD
- Complex medical and mental health conditions

iii. *Payment*

- Insurance accepted
- Other payment and financing programs: <https://rogersbh.org/what-expect/financing-your-care>

Galen Hope

Website: <https://www.galenhope.com>

Phone: 877-780-2187

Email: belonging@galenhope.com

Locations: 806 South Douglas Road, Suite 625, Coral Gables, FL 33134

4600 Linton Blvd., Suite 250, Delray Beach, FL 33445

Offers Telehealth?

i. *Clinical Services Provided*

- Evaluation
- Individual therapy
- Group therapy
- Intensive outpatient programs (IOP)
- Partial hospitalization programs (PHP)
- Community integration

- ii. *Currently Providing Services for the Following Concerns*
 - Eating disorders and related diagnoses
 - Anxiety
 - Depression
 - Mood disorders
 - OCD
 - PTSD/Trauma
 - iii. *Payment*
 - In-network for some carriers
 - Accepts private pay
 - <https://www.galenhope.com/insurance/>
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Assessment Services

Autism Spectrum Assessment Clinic (ASAC) at University of Miami

Website: <https://umasac.psy.miami.edu>

Phone: 305-284-6140

Email: asac@miami.edu

- i. *Clinical Services Provided*
 - Assessment
- ii. *Currently Providing Services for the Following Concerns*
 - Autism spectrum disorders
- iii. *Payment*
 - Not currently accepting insurance
 - Provides Good Faith Estimates & detailed invoices for submission to insurance
 - View pricing here:
https://umasac.psy.miami.edu/clinical_services/fees/index.html

School Psychology and Assessment Related Intervention Clinic (SPACI) at Nova Southeastern University

Website:https://nsuhealth.nova.edu/forms/NSU_SchoolRelatedPsychologicalInterventionAssessment_Brochure.pdf

Phone: (954) 262-5775

iv. *Clinical Services Provided*

- Assessments
- Assistance with design and implementation of interventions
- Behavioral observations
- Parent and student interviews
- Parent training sessions
- Personal feedback of results
- Referral for treatment, if appropriate
- School observation and consultation
- Written reports for client or client's parents

v. *Currently Providing Services for the Following Concerns*

- Autism spectrum disorders
- Attentional problems
- Autism spectrum disorders
- Developmental delays
- Dyslexia
- Emotional/behavioral problems
- Motivational difficulties
- Retention decisions
- School-related problems
- Specific learning disabilities

vi. *Payment*

- Offer sliding scale and accept Family Empowerment scholarship funds.

Neuropsychology Assessment Clinic (NAC) at Nova Southeastern University

Website: <https://www.nova.edu/publications/psc/nac-18/>

Phone: (954) 262-5774

Location: 3301 College Avenue, Fort Lauderdale, Florida 33314-7796

vii. *Clinical Services Provided*

- Diagnose disorders of the central nervous system
- Provide consultation on the etiology, rate of progression, and prognosis of known or suspected cerebral pathology
- Offer recommendations or referrals for treatment

viii. *Currently Providing Services for the Following Concerns*

- Differential diagnosis of dementia vs. depression
- Evaluation to determine cognitive, emotional, or behavioral symptoms subsequent to head injury
- Diagnosis of learning disability, attention deficit hyperactivity disorder, or mental retardation
- Determination of mental competence
- Diagnosis of Alzheimer's disease, seizure disorders, multiple sclerosis, stroke, and organic mood syndrome
- Determination of appropriate school placement
- Identification of malingering or symptom exaggeration

ix. *Payment*

- Offer sliding scale and accept Family Empowerment scholarship funds.

En Español

El Programa CAMAT no está aceptando nuevos clientes en este momento. Planeamos comenzar a aceptar nuevos clientes otra vez en julio de 2025.

Entendemos que existe una gran necesidad de servicios de salud mental y que tal vez necesites explorar otras opciones para tus hijos. Hemos identificado varios proveedores de salud mental confiables en nuestra comunidad que podrían estar aceptando nuevos clientes o tener tiempos de espera más cortos. Estos proveedores

se especializan en una variedad de servicios terapéuticos, incluyendo consejería, psicoterapia, terapia familiar y evaluaciones de salud mental.

Consulta Privada en Grupo

Pediatric Psychology Associates (PPA)

Sitio Web: <https://www.southfloridatherapists.com>

Numero: (305) 271-8222

Correo: info@mailppa.com

Ubicación: Oficinas en Miami Beach, South Miami, Aventura, Boca Raton, and Hollywood

Servicio en Línea? Si

iv. *Servicios clínicos*

- Terapia individual
- Evaluaciones
- Grupos de habilidades sociales
- Programa Intensivo Ambulatorio para Ansiedad y Trastorno Obsesivo-Compulsivo (TOC)

v. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Ansiedad
- Depresión
- OCD/TOC
- ASD
- ADHD
- Trauma,

vi. *Pago*

- PPA es un proveedor fuera de la red con todos los planes de seguro.
- Las sesiones estándar de consulta y tratamiento tienen una duración de 45 minutos, y los honorarios por estos servicios varían (\$210 o \$300) según el nivel de licencia del profesional. Las consultas iniciales con uno de los directores o propietarios de la práctica tienen un costo de \$400.
- <https://www.southfloridatherapists.com/forms-payment-info/payment-information/>

South Miami Psychology Group

Sitio Web: <https://www.southmiamipsychologygroup.com/>

Numero: (305) 662-2686

Correo: info@southmiamipsychologygroup.com

Ubiación: 10205 South Dixie Highway, Suite 203, Miami, FL 33156

Servicio en Línea? Si

iv. *Servicios Clinicos*

- Terapia individual -Niños, Adolescentes, Adultos
- Terapia Familiar
- Terapia de Pareja
- Evaluaciones para niños y adultos
- LGBTQ+ terapia afirmativa

v. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Trauma
- Trastornos alimenticios
- OCD
- ADHD
- Trastornos de ansiedad y estado de ánimo

vi. *Pago*

- Pago directo, no se acepta seguro médico
- Sesión inicial (50-60 minutos): \$200-\$300
- Sesión de terapia individual (50 minutos): \$150-\$200
- Sesiones de terapia de pareja o familiar (50 minutos): \$175-\$275
- <https://www.southmiamipsychologygroup.com/faq/>

Kalsner Psychology Center

Sitio Web: <https://www.kalsnerpsych.com>

Numero: 305-866-3579

Correo: Kalsner@icloud.com

Ubicación: 5151 Collins Ave, Suite 223, Miami Beach , FL 33140 and 1398 SW 160th Avenue, Suite 303, Weston, FL 33326

Servicio en Línea? Si

iv. *Servicios clinicos*

- Evaluaciones
- Terapia individual
- Terapia grupal
- Terapia familiar
- Manejo de comportamiento
- Habilidades de crianza y consultas para padres
- Terapia de juego

- Terapia grupal DBT (Terapia Dialéctica Conductual)
- Terapia Dialéctica Conductual para adolescentes y adultos

v. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Trastornos de ansiedad
- Depresión resistente al tratamiento
- Trastornos alimenticios
- Trauma

vi. *Pago*

- \$200-\$400 por sesión
- Se ofrecen tarifas ajustadas según el caso dependiendo de las circunstancias y necesidades del cliente.
- <https://www.kalsnerpsych.com/fees/>

Neurobehavioral Institute (NBI) Weston and Coral Gables

Sitio Web: <https://neurobehavioralmiami.com/>

Numero: 305-866-3222

Correo: admissions@nbiweston.com

Ubicación: 2695 S LeJeune Rd. Suite 201, Coral Gables, FL 33134
2233 N Commerce Parkway Suite 1 & 3, Weston, FL 33326

iv. *Servicios Clínicos*

- Terapia individual
- Terapia grupal
- Evaluación diagnóstica
- Terapia en casa
- Consultas escolares y laborales
- Talleres familiares
- Terapia intensiva
- Programa de vida asistida

v. *Actualmente ofreciendo servicios para las siguientes preocupaciones:*

- Ansiedad
- Trastornos Obsesivos-Compulsivos (OCD)
- Preocupaciones alimenticias relacionadas con OCD,
- Preocupaciones conductuales
- Trastorno del estado de ánimo y depresión

- Trastornos del espectro autista
- PANDAS

vi. *Pago*

- No aceptan seguro medico
- Primera consulta clinica (60 minutos): \$700
- Sesion (45 minutos) -varia dependiendo el tipo de consulta : \$500

MiMo Psychotherapy Group

Sitio Web: <https://www.mimopsychotherapy.com>

Numero: 305-676-2323

Correo: Contact@mimopsychotherapy.com

Ubicación: 7300 Biscayne Blvd Suite 200, Miami, FL 33138

Servicio en Línea? Si

vii. *Servicios Clinicos*

- Terapia Cognitivo-Conductual (TCC) para adultos y adolescentes (10+)
- Terapia Dialéctico-Conductua (DBT) para adultos y adolescentes (10+)
- Terapia Familiar
- Terapia individual
- Habilidades de crianza y consultas para padres
- Terapia grupal (adolescentes y padres)

viii. *Actualmente ofreciendo servicios para las siguientes preocupaciones:*

- Dépresion y Ansiedad resistente al tratamiento
- Trastorno Obsesivo-Compulsivo (TOC)
- Trastornos del espectro autista
- Trastorno de estrés postraumático
- Ideación y/o intento de suicidio

ix. *Pago*

- Las tarifas ajustadas se determinan caso por caso
- Sesiones individuales (45 minutos): \$250
- Evaluaciones iniciales (60 minutos): \$330
- Sesiones grupales: \$90
- No se acepta seguro médico; sin embargo, se ofrece asistencia financiera para personas calificadas y en necesidad, y algunas compañías de seguro médico autorizan algunos casos
- Se proporcionan facturas para enviar y reclamar los beneficios fuera de la red

Medicos Particulares

Dr. Niza Tonarely-Busto

La Dra. Niza Tonarely-Busto completó su doctorado en psicología clínica en la Universidad de Miami como estudiante del programa CAMAT y actualmente es nuestra directora clínica. Es terapeuta certificada en el Protocolo Unificado para el Tratamiento Transdiagnóstico de Trastornos Emocionales en Niños y Adolescentes (UP-C/A), que es el tratamiento que ofrecemos en CAMAT. También está capacitada en una variedad de tratamientos basados en evidencia para trastornos como ansiedad, depresión, trastorno obsesivo-compulsivo, tics/Tourette, ASD y preocupaciones conductuales disruptivas.

Website: <https://www.drnizatonarely-busto.com/about>

Phone: 786-396-2809

Email: info@drnizatonarely-busto.com

Ubicación: 7301 SW 57th Court, Suite 565, Miami, FL 33143

Consulta en Línea? Si

vii. *Servicios clínicos*

- Terapia individual
 - Terapia Cognitivo-Conductual (TCC/CBT)
- Protocolo Unificado para el Tratamiento Transdiagnóstico de Trastornos Emocionales en Niños y Adolescentes (UP-C/A)
- Apoyo de Paternidad para las Emociones Ansiosas en la Infancia (SPACE)
- Terapia de Interacción Padre-Hijo (PCIT)
- Intervención Conductual Integral para los Tics (CBIT)

viii. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Ansiedad
- Mutismo selectivo
- Depresión
- OCD
- Tics/síndrome de Tourette
- ASD
- Trastorno de conducta disruptiva

ix. *Pago*

- No es un proveedor dentro de la red, pero puede ofrecer documentación a solicitud para reembolsos fuera de la red.
- Consulta inicial: \$250

- Sesión estándar: \$225/sesión

Dr. Elizabeth Penela

La Dr. Elizabeth Penela es una psicóloga clínica licenciada bilingüe de la Universidad de Miami, donde completó su programa postdoctorado en el programa CAMAT debajo de la tutoría de la Dr. Jill Ehrenreich-May. Dr. Penela se especializa en el tratamiento de Ansiedad y Trastorno Obsesivo y ofrece terapias de Terapia Cognitivo y Exposición con Prevención de Respuesta para estas enfermedades mentales.

Sitio Web: <https://www.wellnessinbroward.com/meet-dr-penela.html>

Numero: (954) 577-2727

Correo: drpenela@wellnessinbroward.com

Ubicación: 15800 Pines Boulevard, Pembroke Pines, FL 33027

Servicio en Línea? Si

x. *Servicios Clínicos*

- Terapia Individual
- Terapia Cognitivo-Conductual (TCC/CBT)
- Exposición con prevención de respuesta
- Habilidades de crianza y consultas para padres

xi. *Actualmente ofreciendo servicios para las siguientes preocupaciones:*

- Trastornos de Ansiedad
- Trastorno Obsesivo-Compulsivo (TOC)

xii. *Pago*

- Consulta inicial de 75 minutos, \$395
- Citas de terapia, de 50 minutos, \$295

Dr. Anne Morrow

La Dra. Morrow obtuvo su Ph.D. en Psicología Clínica de la Universidad Internacional de Florida y completó su formación postdoctoral en el Mailman Segal Center de la Universidad Nova Southeastern, un centro enfocado en mejorar la vida de los niños pequeños con autismo, en agosto de 2020. Ofrece servicios tanto en línea como presenciales, que incluyen Terapia Cognitivo-Conductual (TCC), entrenamiento conductual para padres, consultas con maestros y escuelas, entrenamiento en habilidades de terapia dialéctico-conductual y entrevistas motivacionales. También es

supervisora clínica para el Programa CAMAT. Es una profesional con enfoque conductual que colabora con niños, individuos y familias para construir el éxito en sus vidas, alineado con sus valores centrales.

Sitio Web: <https://southfloridaintegrativemed.com/anne-morrow-phd>

Numero: 786-664-7810

Correo: contact@southfloridaintegrativemed.com

Ubicación: 5915 Ponce de Leon Blvd., Suite 23, Miami, Florida 33146, United States

Consulta en Línea? Si

xiii. *Servicios Clínicos*

- Evaluaciones
- Terapia Individual
- Terapia Familiar
- Entrenamiento en habilidades de TCC (Terapia Cognitivo-Conductual) y DBT (Terapia Dialéctico-Conductual)
- Entrenamiento conductual para padres
- Entrevista motivacional

xiv. *Actualmente ofreciendo servicios para las siguientes preocupaciones:*

- ADHD
- Autismo
- Ansiedad,
- Dépresion

xv. *Pago*

- No aceptan seguro médico
- Proporciona facturas detalladas (superbills) a los pasientes para un posible reembolso del seguro

Dr. Natalia Ruiz-Nardone (Seeds of hope)

Sitio Web: <https://www.seedsofhopebh.com/our-team>

Numero: 786-245-4463

Correo: Info@seedsofhopebh.com

Ubicación: 3081 Salzedo St, Suite 202, Coral Gables, FL 33134

Servicio en Línea? No

i. *Servicios Clínicos*

- Terapia de Interacción Entre Padres e Hijos (PCIT)
- Evaluaciones

ii. *Actualmente Ofreciendo Servicios para las Siguietes Preocupaciones*

- Conducta disruptiva

- Dificultades de los niños en siguiendo instrucciones
 - Dificultades de los niños en compartiendo o tomando su turno
- iii. *Pago*
- Contacta la oficina directamente

Programas de Bajo Costo/Cubiertos por Seguro Médico

Center for Children and Families at Florida International University (CCF FIU)

Sitio Web: <https://ccf.fiu.edu/about/index.html>

Numero: 305-348-0477

Correo: ccf@fiu.edu

Ubicación: Florida International University, Modesto A. Maidique Campus, 11200 SW 8th Street, AHC1 140

Servicio en Línea? Si

iv. *Servicios Clínicos*

- Terapia individual
- Terapia Grupal
- Servicios y clases para padres
- Evaluaciones psicoeducativas
- Consultoría escolar
- Terapia de Interacción Padres-Hijos (PCIT) en FIU
- Otros programas listados en su web

v. *Actualmente Ofreciendo Servicios para las Siguietes Preocupaciones*

- Ansiedades & miedos
- Problemas de conducta & comportamiento
- Estrés Familiar & apoyo para la crianza
- Problemas de estado de ánimo & depresión
- Problemas con habilidades académicas & sociales

vi. *Pago*

- Aceptan seguros médicos
- Algunos servicios se ofrecen de forma gratuita gracias a fondos de subvenciones locales y federales para investigaciones.
- Disponibles según una escala de tarifas ajustada al ingreso

Pediatric Psychology Clinic at the University of Miami (PPC)

Sitio web: <https://umiamihealth.org/pediatric-psychology-clinic>

Numero: 305-243-6857

Correo: spellot@med.miami.edu

Ubicación: Mailman Center for Child Development, 1601 NW 12th Ave, Miami FL, 33136

Consulta en Línea? Si

i. *Servicios Clinicos*

- Terapia individual
- Terapia grupal
- Entrenamiento conductal para padres
- Terapia Cognitivo-Conductal (TCC)
- Entrenamiento en habilidades para resolver problemas sociales
- Terapia Cognitivo-Conductal (TCC) enfocado en Trauma

ii. *Actualmente Ofreciendo Servicios para las Siguietes Preocupaciones*

- Trastornos de ansiedad y estado de ánimo
- Berrinches y comportamiento oposicionista
- ADHD
- Habilidades Sociales
- Problemas de sueño
- Trauma
- Afrontamiento y adaptación
- Conflictos familiares, Problemas en la relación entre padres e hijos

iii. *Pago*

- Acepta la mayoría de seguros médicos, excluyendo Medicaid

Psychological Services Center at the University of Miami (PSC)

Sitio Web: <https://psc.psy.miami.edu/index.html>

Numero: (305) 284-4265

Correo: psychservices@psy.miami.edu

Ubicación: University of Miami, Flipse Building, 5665 Ponce de Leon Boulevard, Second Floor, Coral Gables, Florida 33146

Consulta en Línea? Si

i. *Servicios Clinicos*

- Psicoterapia individual
- Psicoterapia grupal
- Evaluación psicoeducativa
- Programas especializados

ii. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Preocupaciones académicas
- Ira e irritabilidad

- Trastornos de ansiedad
- ADHD
- Afrontar enfermedades crónicas o dolor
- Depresión
- Trastornos alimenticios
- Conflictos familiares, matrimoniales o de pareja
- Arrancarse el cabello o la piel
- OCD
- Habilidades sociales
- Síndrome de Tourette y trastornos de tics

iii. Pago

- Las tarifas de las sesiones de terapia se ajustan según una escala basada en los ingresos.
- <https://psc.psy.miami.edu/payment-info/index.html>

Parent-Child Interaction Therapy (PCIT) at the University of Miami Mailman Center for Child Development

Sitio Web: <https://umiamihealth.org/PCIT>

Numero: 305-243-0234

Correo: pcit@med.miami.edu

Ubicación: Mailman Center for Child Development, Overtown, Little Havana, Coral Gables, Homestead, Kendall

Servicio en Línea? Si

iii. *Servicios Clínicos*

- **PCIT:** PCIT es un programa de 12 a 18 sesiones diseñado para padres de niños entre 2 y 8 años. Como parte del programa PCIT, usted:
 - Aprenderá estrategias efectivas para responder a conductas difíciles.
 - Utilizará refuerzos positivos, disciplina calmada y órdenes estructuradas para fomentar interacciones positivas.
 - Fortalecerá su relación con su hijo(a) a través del juego guiado y la participación activa.
- **PCIT-CALM:** El programa PCIT-CALM está dirigido a padres de niños de entre 3 y 9 años que presentan ansiedad, miedo o incomodidad social. Como parte del programa PCIT-CALM, usted:
 - Aprenderá cómo brindar atención positiva y aplicar terapia de exposición gradual para ayudar a su hijo(a) a enfrentar sus miedos.
 - Recibirá orientación en tiempo real para apoyar a su hijo(a) durante situaciones que le generen ansiedad.

- Ayudará a su hijo(a) a ganar confianza y sentirse cómodo(a) en situaciones que antes evitaba.

iv. *Pago:*

- Gratis

Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFFTA)

Sitio Web: <https://sites.education.miami.edu/ciffa/>

Numero: (305) 284-3040

Correo: kao43@miami.edu

Ubicacion: 1507 Levante Avenue, Second Floor, Coral Gables, FL 33146

Servicio en Línea? *Tipicamente en persona*

iii. Servicios Clinicos

- Evaluaciones
- Terapia individual
- Terapia familiar

ii. Actualmente ofreciendo servicios para las siguientes preocupaciones

- Trastornos de Ansiedad
- Trastornos de Emocion
- Pensamientos de hacerse daño

iii. Pago

- Depende en el proveedor de su seguro

Citrus Health Network

Sitio Web: <https://citrushealth.org/children-mental-behavioral-health>

Numero: 305-825-0300

Correo: slopez@citrushealth.com

Ubicacion: Hialeah, FIU

Servicio en Línea? *Si*

iv. Servicios Clinicos

- Evaluaciones
- Servicios de Emergencia
- Estabilización de crisis
- Terapia individual
- Terapia familiar

- Manejo de medicamentos
- ii. *Actualmente ofreciendo servicios para las siguientes preocupaciones*
 - Trastornos de Ansiedad
 - Trastorno Obsesivo-Compulsivo (TOC)
 - Manejo del abuso de sustancias
 - Trastornos relacionados con traumas y factores de estrés
 - Terapia de interacción entre padres e hijos
- iii. *Pago*
 - Incluye una lista de varios seguros aceptados para servicios de salud conductual:
<https://citrushealth.org/s/Insurance-Plans-Behavioral-659n.pdf>

Community Health of South Florida:

Sitio Web: <https://chisouthfl.org/services/behavioral-health-care/>

Numero: (305) 252-4820

Correo: <https://chisouthfl.org/contact-us/>

Ubicación: Coral Gables, South Miami, West Kendall, Homestead, Cutler Bay

Servicio en Línea? Si

- v. *Servicios Clínicos*
 - Evaluaciones
 - Servicios de Emergencia
 - Estabilización de crisis
 - Terapia individual
 - Terapia familiar
 - Manejo de medicamentos
 - Servicios de hospitalización
- ii. *Actualmente ofreciendo servicios para las siguientes preocupaciones:*
 - Trastornos de Ansiedad
 - Trastorno Obsesivo-Compulsivo (TOC)
 - Manejo del abuso de sustancias
 - Trastornos relacionados con traumas y factores de estrés
- iii. *Pago*

- Incluye una lista de varios seguros aceptados para servicios de salud conductual:
<https://chisouthfl.org/insurances-accepted/>

Servicios Intensivos de Salud Mental

Para familias que buscan un tipo de terapia más intensiva (por ejemplo, más de una vez por semana). Los programas de terapia intensiva suelen ser necesarios cuando los niños están gravemente limitados por sus síntomas (por ejemplo, no pueden asistir a la escuela, no pueden cuidarse por sí mismos, o pasan la mayor parte del día evitando situaciones o realizando conductas compulsivas).

La Terapia Intensiva Ambulatoria (IOP) es un programa estructurado de tratamiento no residencial que típicamente ofrece múltiples sesiones de terapia por semana (de 3 a 5). Es un nivel de atención más intensivo que la terapia tradicional, pero sin necesidad de supervisión las 24 horas.

Los Programas de Hospitalización Parcial (PHP) o "programas de día" ofrecen sesiones de terapia estructuradas durante varias horas al día, varios días a la semana. Representan un nivel más intensivo que la terapia tradicional y el IOP, pero aún permiten que los pacientes vivan en casa y mantengan su independencia.

Rogers Behavioral Health

Sitio Web: <https://rogersbh.org/locations/miami-fl>

Numero: 305-929-0600

Ubicación: 5805 Blue Lagoon Drive, Suite 440, Miami, FL 33126

Servicio en Línea? Yes

iv. Servicios Clínicos

- Atención ambulatoria intensiva
- Programas de hospitalización parcial

v. Actualmente ofreciendo servicios para las siguientes preocupaciones

- OCD y ansiedad
- Depresión y otros trastornos de estado de ánimo
- Trastornos alimenticios
- Trauma y PTSD
- Condiciones médicas y de salud mental complejas

vi. Pago

- Aceptan seguro médico

- Otros metodos de pago y financiamiento: <https://rogersbh.org/what-expect/financing-your-care>

Galen Hope

Sitio web: <https://www.galenhope.com>

Numero: 877-780-2187

Correo: belonging@galenhope.com

Ubicación: 806 South Douglas Road, Suite 625, Coral Gables, FL 33134

4600 Linton Blvd., Suite 250, Delray Beach, FL 33445

x. *Servicios Clinicos*

- Evaluaciones
- Terapia individual
- Terapia grupal
- Programas intensivos ambulatorios
- Programas de hospitalización parcial
- Integración comunitaria

- xi. *Actualmente ofreciendo servicios para las siguientes preocupaciones:*
- Trastornos alimenticios y diagnosticos relacionados, Ansiedad, Dépresion, Trastornos de estado de animo, OCD, PTSD/Trauma, etc.

xii. *Pago*

- In-network for some carriers
 - Accepts private pay
 - <https://www.galenhope.com/insurance/>
-

Servicios de Evaluación

Autism Spectrum Assessment Clinic (ASAC) at University of Miami

Sitio Web: <https://umasac.psy.miami.edu>

Numero: 305-284-6140

Correo: asac@miami.edu

x. *Servicios Clinicos*

- Evaluaciones
- Terapia para trastornos del espectro autista (ASD)

xi. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Trastornos del espectro autista

xii. *Pago*

- No acepta seguro médico
- Proporciona estimaciones de buena fe y facturas detalladas para la presentación al seguro
- Vea los precios aquí:
https://umasac.psy.miami.edu/clinical_services/fees/index.html

School Psychology and Assessment Related Intervention Clinic (SPACI) at Nova Southeastern University

Sitio Web:

https://nsuhealth.nova.edu/forms/NSU_SchoolRelatedPsychologicalInterventionAssessment_Brochure.pdf

Numero: (954) 262-5775

xiii. *Servicios Clinicos*

- Evaluaciones
- Asistencia con la creación e implementación de terapias
- Observaciones conductuales
- Si apropiado, referidos para tratamiento
- Consultas de conducta escolar
- Reportes escritos para los clientes o padres

xiv. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Trastornos del espectro autista
- Retrasos en el desarrollo
- Dyslexia
- Trastornos conductuales y emocionales
- Dificultades de la escuela
- Dificultades de aprendizaje

xv. *Pago*

- Ofrecen una escala gradual basada en ingresos

Neuropsychology Assessment Clinic (NAC) at Nova Southeastern University

Sitio Web: <https://www.nova.edu/publications/psc/nac-18/>

Numero: (954) 262-5774

Ubicación: 3301 College Avenue, Fort Lauderdale, Florida 33314-7796

xvi. *Servicios Clinicos*

- Evaluación de desórdenes neurológicos
- Consultas en la causa, progreso, y pronóstico de enfermedades neurológicas
- Ofreciendo otras recomendaciones o referidos para tratamiento

xvii. *Actualmente ofreciendo servicios para las siguientes preocupaciones*

- Evaluación para determinar síntomas cognitivos, emocionales o conductuales posteriores a una lesión en la cabeza
- Diagnóstico de discapacidades de aprendizaje, trastorno por déficit de atención con hiperactividad (TDAH) o retraso mental
- Determinación de la competencia mental
- Diagnóstico de la enfermedad de Alzheimer, trastornos convulsivos, esclerosis múltiple, derrame cerebral y trastorno orgánico del estado de ánimo
- Determinación de la ubicación escolar adecuada
- Identificación de simulación o exageración de síntomas

xviii. *Pago*

- Ofrecen una escala gradual basada en ingresos