



Serenity Place

Limited Liability Corporation

Individual • Couples • Family
Counseling

CONTACT:

301-690-8008

appointments@serenityplace.biz

Website: serenityplacellc.com

Serenity Place, LLC is a private practice based out of Southern Maryland owned by President and Vice-President Esther and Barry Vanderwal.

Our goal is to reduce wait times for people in need of mental health services. Our mission is to provide quality mental health services and put the client's well being first.

Locations

Leonardtown Office

22655 Washington St
Leonardtown, MD 20650

California Office

23076 Three Notch RD
Suite 304
California, MD 20619

Lexington Park Office

Pastoral Counseling Center
Church of Ascension
21641 Great Mills RD
Lexington Park, MD 20653

Clinicians also provide therapy via telehealth

Board licenses include Maryland, Virginia, and Washington D.C.

Clinicians

Serenity Place is currently composed of 16 full time clinicians, 3 part-time clinicians and 3 MSW student interns.

These clinicians are licensed as LMSWs, LCSW-Cs, LCPC's and LGPCs.

Two of the LCSW-C clinicians also provide board approved clinical supervision for both LMSW's and LGPC's (up to 50 hours)

Appointment times vary by clinician

- LMSW is a Licensed Master Social Worker.
 - An LMSW is able to provide clinical social work services under the supervision of a board approved LCSW-C supervisor.
- LCSW-C is a Licensed Certified Social Worker - Clinical.
 - An LCSW-C is an independently licensed social worker able to provide clinical mental health intervention.
- LCPC is a Licensed Clinical Professional Counselor
 - An LCPC is an independently licensed counselor able to provide clinical mental health intervention
- LGPC is a licensed graduate professional counselor.
 - An LGPC is able to provide clinical mental health therapy under the supervision of a board approved supervisor

Private pay and insurance accepted

Sliding scale fees and payment plans are available on an as needed basis

- CareFirst (all clinicians)
- Magellan
- Medicaid
- Medicare
- Tricare
- Cigna
- Aetna
- United Health
- Johns Hopkins

Cost per Session:

\$100 – \$200

- Cash
- Check
- American Express
- Mastercard
- Visa
- Discover
- Health Savings Account

Populations Served

Varies by Clinician

- Couples/Relationship Counseling
- Families
- Parents
- Individuals
 - Adults/Older Adults
 - Teens
 - Children
- LGBTQ
- Groups
- Businesses
- CAC

Areas of Specialization

Varies by clinician

- Trauma
- Family Conflict
- Couples/Premarital Counseling
- Parenting
- Anxiety
- Depression and other Mood Disorders
- LGBTQ Issues
- Grief and Loss
- Financial Stress
- First Responder Traumatic Stress
- Women's Issues
- Personality Disorders
- Self-Esteem
- Phase of Life Challenges
- Personnel Challenges
- And many others

Certifications and Interventions

Varies by clinician

- Trauma Focused Cognitive Behavioral Therapy
- The Gottman Method (Couple's Therapy)
- Parent Child Interaction Therapy
- National Emergency Responder and Public Safety Certification
- Trauma Informed Expressive Arts Therapy
- Trauma Professional Certification
- Hypnotherapy
- Faith Based/Christian Focused
- Prepare and Enrich (Couples)
- Eye Movement Desensitization and Reprocessing Therapy
- Financial Social Work Certification
- Attachment Focused
- Family Systems Therapy
- Solution Focused Therapy
- Addictions Recovery
- Integrative Approaches

TF-CBT

Trauma-Focused Cognitive Behavioral Therapy

TF-CBT is a structured evidence-based treatment

Targeted Populations: ages 3-21; for children with Posttraumatic Stress Disorder (PTSD) or other problems related to traumatic life experiences, and their parents or primary caregivers

PRAC: Coping Skills Phase

- P:** Psychoeducation
- P:** Parenting Skills
- R:** Relaxation Skills
- A:** Affective Modulation Skills
- C:** Cognitive Coping Skills

T: Trauma Narrative and Processing Phase

- T:** Trauma Narrative and Processing

ICE: Treatment Consolidation and Closure Phase

- I:** In vivo Mastery of Trauma Reminders
- C:** Conjoint Youth-Caregiver Sessions
- E:** Enhancing Safety

EMDR

Eye Movement Desensitization and Reprocessing

EMDR is a psychotherapy technique that is used to help alleviate distress caused by traumatic events. EMDR uses bilateral neural stimulation to help clients access and process traumatic memories and other adverse life experiences to come to an adaptive resolution.

EMDR Has Been Successfully Used to Treat:



ANXIETY



PANIC
ATTACKS



GRIEF &
LOSS



DEPRESSION



ADDICTIONS



ANGER



PHOBIAS



PERFORMANCE
ANXIETY



SLEEP
PROBLEMS



TRAUMATIC
MEMORIES



LOW SELF-
ESTEEM



TRUST ISSUES

PCIT

Parent-Child Interaction Therapy

PCIT is an evidence-based treatment for children aged 2-7 with emotional and/or behavioral disorders. PCIT is delivered in two phases. The first phase is child-directed interaction, where the primary goal is to strengthen positive caregiver-child relationships. The second phase of PCIT is the parent-directed interaction where the primary goal is to change ineffective caregiver-child interaction patterns.



NERPSC

“Daily challenges have reached unprecedented levels for law enforcement, emergency medical personnel, fire, search and rescue, military, dispatchers, corrections/detentions officers, victim advocates, probation/parole, and others who work within associated fields. The need for quality resources that support emergency responders, their loved ones, and retirees is formidable. The National Emergency Responder and Public Safety Certification recognizes and understands the unique needs of the community it serves”

About the Certification:

- 40 hours of coursework plus 16 hours of ride-along/experiential work
- Suicide Prevention, Intervention, and Response
- Traumatic Stress/PTSD
- Post critical incident response
- Responder health and wellness
- Family Dynamics
- Resiliency
- Currently 2 clinicians with this training

Serenity Place, LLC maintains a blog with monthly postings on our website. These blog entries are mainly done by Esther Vanderwal, but sometimes other clinicians write them as well.

The blog postings cover a variety of relevant subjects and are another way of connecting with our clients. The blog can be found at: [serenityplacellc.com/blog/](https://www.serenityplacellc.com/blog/)

Our Instagram and Facebook Accounts also have new content regularly:

Facebook: <https://www.facebook.com/SerenityPlaceLLC/>

Instagram: [serenity.place.llc](https://www.instagram.com/serenity.place.llc)



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