



A Trusted Referral Partner for Your Patients' Families

Aspire Psychological Group — Child & Adolescent Psychology, Upper Saddle River, NJ

When a child or teen is struggling with anxiety, OCD, school refusal, ADHD-related challenges, family stress, or the emotional weight of a recent injury or life change, families need a specialist they can see quickly, not months from now.

Why Practices Refer to Aspire

✓	No waitlist — most families are seen within the week they call.
✓	A genuine specialty in children, adolescents, and families, not a small part of a broad general practice.
✓	Direct school coordination with family consent, so treatment and classroom support move together.
✓	Evidence-based care: cognitive behavioral therapy, Exposure and Response Prevention (ERP) for OCD, and Behavioral Parent Training.
✓	Clear, straightforward communication back to referring providers, where appropriate.
✓	In-person care at our Upper Saddle River office, with limited telehealth available for select New Jersey and New York cases.

Areas of Focus

Child and adolescent anxiety • OCD and Exposure and Response Prevention (ERP) • School refusal and school-related anxiety • ADHD-related behavioral support • Separation anxiety • Selective mutism • trauma-related anxiety • Family therapy and Behavioral Parent Training

How to Refer a Family

Call our office directly, or have the family reach out themselves — whichever is easiest for your workflow. Our team will handle intake from there, and we're glad to be a resource if you'd like to discuss a case beforehand.

ASPIRE PSYCHOLOGICAL GROUP

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[Referring Practice Name / Logo]