



A REFERRAL PARTNERSHIP BETWEEN ASPIRE PSYCHOLOGICAL GROUP &
SUNNY SMILES PEDIATRIC DENTISTRY

When the Dentist's Chair Feels Like Too Much

A trusted referral resource for the anxious, overwhelmed, or resistant patients your team sees every day.

WHY DENTAL TEAMS REFER TO ASPIRE

- Dental anxiety or phobia that goes beyond typical first-visit jitters
- Meltdowns, shutdowns, or refusal in the chair during exams or cleanings
- Sensory sensitivities that make sounds, textures, or touch hard to tolerate
- Needle, gag, or mask-related panic that disrupts treatment
- Parents mentioning broader anxiety, mood, or behavior concerns at check-in
- Kids who need a slower, graduated path to feeling safe at the dentist

HOW WE HELP

Our clinicians use CBT- and ACT-based approaches, including graduated exposure, to help children build real tolerance for dental visits — not just get through one appointment. We also coach parents and, when helpful, your team, on chairside strategies that make future visits easier. Most families see meaningful progress within a handful of sessions, and we coordinate directly with your office when it's useful for treatment planning.

Aspire Psychological Group — 100+ presentations delivered, 17+ years of clinical experience, licensed in NJ (#35SI00626800) and NY (#025390). Led by Dr. Aryeh Berlin, PsyD, Georgia School of Professional Psychology. Based in Bergen County, NJ, serving children, adolescents, and families in person and virtually.

A NOTE ON COVERAGE

We work with many families on an out-of-network basis and have a partner who helps them through the reimbursement process when possible — this shouldn't be a reason to hold off on a referral. If a family has questions about cost, we're glad to talk it through with them.

Referring a Patient Is Simple

Call (201) 639-4669 or visit weallaspire.com

Hand this sheet to a family, or have your front desk reach out on their behalf.



NO WAIT LIST PATIENTS SEEN QUICKLY!