

Dr. Melissa Sporn holds a master's in Social Work and a Ph.D. in Clinical Psychology. She is a passionate scholar-practitioner in the field of clinical psychology who divides her time between her clinical practice in McLean, training and consulting, and visiting her children at college and in DC. Melissa is on the Mental Health Committee of the Safe Community Coalition a nonprofit organization that provides programs and resources to reduce stress, foster mental wellness, and empower youth. In her clinical practice, she utilizes cognitive behavioral therapy (CBT) and other evidence-based treatments in her work with young adults and adolescents with a wide range of emotional, behavioral, and adjustment problems, such as anxiety, stress, depression, and relationship problems. Dr. Sporn is a frequent speaker at workshops, schools and organizations on topics of adolescent development and family relationships.

She can be contacted at drmelsprn@gmail.com.