



## Psychological Group of Washington

*"Working to assist individuals in transforming their lives to reach their full potential"*

---

**FOR IMMEDIATE RELEASE**

**Contact: Lydia Henry**

**January 29 – February 8, 2010**

**202 223 9844**

### **Therapy Adopts “Speed-Dating” Concept To Reach More People at Affordable Price**

**Access to counseling for as little as \$20**

(Washington, DC) On February 8, 2010, The Psychological Group of Washington (PGW) will introduce Speed Therapy™, an innovative way for individuals to sort through the many challenges associated with everyday life from depression, organization, ADHD, finances, and more.

Because good mental health plays an important role in overall health and well-being, Drs. Maia Coleman King and Katherine Marshall decided they wanted to expand the public’s knowledge about therapy. These doctors brainstormed and created a concept called “Speed Therapy™”.

Speed Therapy™ is a great way for individuals to introduce themselves to the idea of therapy and all the benefits it has to offer. This concept makes visiting with professional seasoned therapists who can help sort through obstacles that individuals currently face more convenient and affordable. Therapy has so much negative stigma surrounding it that these two psychologists wanted to reduce the shame, while demonstrating the assets of therapy in return. Not only does Speed Therapy™ offer benefits for the public, but it also benefits professional practitioners as well.

“Speed Therapy™ allows therapists to benefit on a multitude of levels,” commented Dr. Marshall. “It provides a venue to gather monthly to network and further one’s professional development.” By showcasing seasoned professionals to discuss the latest developments in mental health, practitioners can also further their skill set while providing a much needed service to the public.

Dr. Coleman King describes Speed Therapy™ as a “low cost, innovative way to meet therapists without committing to long term treatment.” Often, people just need someone to talk in order to sort through short-term problems, challenges or stressful situations. Speed Therapy™ is designed to let the public know that there are professionals who are willing and able to help manage lifestyles, challenges and everyday problems. “Speed Therapy™ offers individuals (and families) an opportunity to get advice from six

different therapists without spending big bucks. It's an exciting, efficient way to interview therapists without making formal appointments," stated Dr. Coleman King.

Speed Therapy™ also offers a great opportunity for people to meet face-to-face and screen several therapists in one location. In addition, Speed Therapy™ allows individuals to choose a therapist of choice in an informal environment. "We are providing a much needed service to the community in linking therapists with openings for new patients in one location. "If you come to one Speed Therapy™ session and you don't meet the right therapist for you, come back next month to meet six more therapists... one of whom you may find is a better fit," said Dr. Marshall.

Speed Therapy™ is available at locations in communities throughout the Washington, DC region. Dates, times and locations are posted on the Internet at <http://www.psychgroupdc.com/>.

# # #

#### **About The Psychological Group of Washington**

*PGW is a privately owned mental health organization that provides psychological services to children, adolescents, individuals, groups and couples through psychological, therapeutic techniques to enhance overall health and promote a sense of well-being. With a strong commitment to the community, The Psychological Group of Washington also provides outreach seminars and other mental health services to the public. The Psychological Group of Washington is dedicated to providing comprehensive, quality services to our clients. Our goal is to facilitate learning and insight such that clients are able to create paths that lead to success in all areas of life. In creating therapeutic relationships, a joint venture is built to foster growth through time, care, respect and compassion. For more information call 202-223-9844 or visit [www.psychgroupdc.com](http://www.psychgroupdc.com).*