



Alexis Altman is a Licensed Independent Clinical Social Worker (LICSW) with a passion for supporting the well-being of children and adolescents with varying mental health needs. She earned her Master of Social Work from Boston College in 2017, as well as a Bachelor of Arts in Psychology from Merrimack College in 2015 where she was inducted into the International Honor Society in Psychology.

She has gained valuable experience working in different settings, including schools and hospitals, providing therapeutic and clinical services and support to children and adolescents aged 4-22, as well as their caregivers and families. With a wide range of mental health needs expertise, Alexis utilizes evidence-based approaches such as Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Additionally, Alexis is trained in specialty trauma-based modalities including Sensory Motor Arousal Regulation Treatment (SMART), and neurofeedback. As a member of the National Association of Social Workers (NASW), Alexis stays connected to the latest advancements in the field and maintains a commitment to professional growth. By utilizing a client-centered, strengths-based approach, Alexis strives to create a safe and supportive environment that promotes growth and resilience.

Behavioral Health Consults at Newton-Wellesley Family Pediatrics

1. A behavioral health consultation can help support your child's behaviors and emotions.
2. Your Primary Care Provider can introduce you to our Behavioral Health Consultant during a visit, or you can schedule a consultation for a future date.
3. Behavioral Health Consultations are usually 16-30 minutes long, with initial evaluations lasting up to 60 minutes.



4. The Behavioral Health Consultant will meet with you to discuss your concerns, and recommend a plan based on your needs and the resources available.
5. The plan can include a follow-up with your Primary Care Provider and/or the Behavioral Health Consultant at the office, as well as a referral to services in the community.
6. Your health insurance company can answer any questions about coverage and possible co-pay for these services.
7. Please talk to your Primary Care Provider if you feel your family would benefit from a Behavioral Health Consultation.