

## Melissa Sporn

We all need help from time to time to develop new ways of living fuller, richer, and more satisfying lives. Dr. Melissa Sporn's passion is assisting others in discovering these new pathways. She holds a Masters in Social Work and a Ph.D. in Clinical Psychology. Melissa 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 cheering on her children at their various sporting events and activities. Melissa is on the board 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 to adults and adolescents with a wide range of emotional, behavioral, and adjustment problems, such as anxiety, stress, depression, and relationship problems. Dr. Sporn provides ongoing support groups and presents on a variety of topics to local schools, community organizations and businesses. She resides in Mclean, VA with her husband and two children. She can be contacted at [drmelsprn@gmail.com](mailto:drmelsprn@gmail.com).