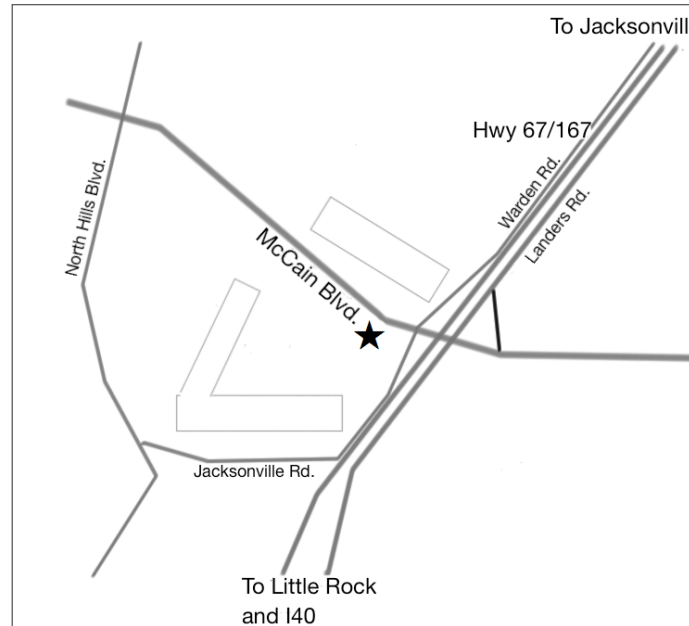


About Dr. Ekdahl

Dr. Ekdahl specializes in the treatment and evaluation of children and adolescents, with a strong emphasis on providing parents with the tools they need to assist and advocate for their child. She has specialized training in the evaluation and treatment of Autism Spectrum Disorders, Learning Disorders, Attention Deficit Disorders, and Anxiety Disorders. Dr. Ekdahl works in collaboration with treating therapists and physicians to provide evaluations to clarify diagnoses and plan for treatment for complex problems such as those related to attachment concerns and a history of traumatic events, to difficulties with mood regulation, and to social skills deficits. Special interests include providing community and school programs that support mental health and access to mental health services.



DIRECTIONS:

From Little Rock: Take I40 East to US 67/167 North. Take the McCain Blvd West Exit. Arkansas Families First is located on the left in the National Bank of Arkansas building.

From Jacksonville: Take 67/167 South. Take the McCain Blvd exit. Arkansas Families First is located in the National Bank of Arkansas building.

Mary M. Ekdahl, Ph.D.

Licensed Psychologist

Child, Adolescent, & Family Psychology



Providing Evidence-based
Evaluation, Consultation, and
Treatment to Help Children, Teens,
& Families



ARKANSAS FAMILIES FIRST, LLC



Location

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Contact Us

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arfamiliesfirst.com



ARKANSAS FAMILIES FIRST, LLC




WE CAN HELP WITH:


- ADHD/ADD
- READING/DYSLEXIA
- OTHER LEARNING PROBLEMS
- PARENT-CHILD RELATIONSHIPS
- SOCIAL SKILLS
- AUTISM SPECTRUM DISORDERS
- TRAUMATIC STRESS
- GRIEF
- ABUSE AND NEGLECT
- ANXIETY
- DEPRESSION
- BEHAVIOR PROBLEMS
- ANGER MANAGEMENT

OUR MISSION:

Arkansas Families First is devoted to unlocking the full potential of children and families, utilizing the latest research and the most skilled clinicians in the service of improving people's lives. We strive to empower parents and to integrate multiple disciplines in the building of strong families and healthy children.



At Arkansas Families First, we use evidence-based strategies, building on the child's and family's strengths to help restore healthy relationships and to assist in the alleviation of distress.



EVALUATION SERVICES

COMPLETE EVALUATION SERVICES TO ADDRESS:

- ACADEMIC CONCERNS
- SOCIAL, EMOTIONAL, AND BEHAVIORAL PROBLEMS
- PARENT-CHILD RELATIONSHIP CONCERNS
- DIAGNOSTIC CLARIFICATION

TREATMENT SERVICES

- INDIVIDUAL THERAPY
- GROUP THERAPY
- FAMILY THERAPY
- COUPLES THERAPY
- PARENT EDUCATION



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