



Teal Dragon Healing

Integrative Psychiatric Care for Children + Families

Teal Dragon Healing Clinic is a visionary psychiatric practice. Dr. Blickstein takes a holistic approach which blends medication management with evidence-based parent attunement training so you can go beyond managing symptoms and truly heal as a family. Attunement training has been shown to significantly reduce child reactivity and parental stress. (And the only side effects are love and joy).

Who We Treat

Children & adolescents (ages 6–18) Parents and caregivers Families navigating emotional, behavioral, or relational challenges

What We Treat

Anxiety - Depression - ADHD - OCD - Oppositional behaviors (ODD) Anger and emotional dysregulation - School refusal and behavioral challenges - Family conflict and disconnection

Our Approach

TealDragon Healing provides integrative psychiatric care combining comprehensive evaluations, **medication management**, trauma-informed care, nervous system regulation, and parent-child attunement. We focus on whole-family healing and long-term transformation.

Insurance

We accept:

Aetna

UHC

Medicaid (Connecticut)

Referrals

To make a referral, please email:

Welcome@tealdragonhealing.org

