

# Genetic Counseling at Kennedy Krieger Institute

For patients affected by developmental disorders and rare genetic conditions, a diagnosis often raises even more questions. That's why, to complement the diagnostic, medical and therapeutic care already offered at Kennedy Krieger Institute, we also provide genetic counseling for individuals and families hoping to better understand genetic disorders and the role of genetics in health and development.

## Our Approach

Our genetic counselors work as part of the healthcare team to provide answers and guidance to those with known or suspected genetic disorders. Counselors provide compassionate, family-centered care and incorporate the most up-to-date knowledge and advanced genomic testing. They also answer questions from other healthcare professionals, whether they work at Kennedy Krieger or elsewhere in the community.

## Who We Serve

Genetic counseling services are available to all patients at Kennedy Krieger. Our team has expertise in a wide range of genetic conditions. We also provide counseling and evaluations to individuals who lack a specific diagnosis, but whose symptoms might be related to a genetic condition. This includes, but is not limited to, individuals with neurodevelopmental disorders such as autism spectrum disorder, developmental delay, intellectual disability and epilepsy.

Our genetic counselors provide care in the Neurology and Neurogenetics Clinics as well as in many other centers and rare disorder clinics throughout the Institute, including:

- Angelman Syndrome Clinic
- Ataxia and Cerebellar Disorders Clinic
- Barth Syndrome Clinic
- Batten Disease Clinic
- Center for Autism Services, Science and Innovation
- Center for Development and Learning
- Center for Genetic Muscle Disorders
- Kabuki Syndrome and Epigenetic Disorders Clinic
- Mitochondrial Medicine Center
- Moser Center for Leukodystrophies
- Osteogenesis Imperfecta Clinic
- Phelps Center for Cerebral Palsy
- Rett Syndrome and Related Disorders Clinic
- Synaptopathies Clinic
- Tuberous Sclerosis Clinic



## What We Offer

Genetic counselors provide a wide variety of services for individuals and families affected by known or suspected genetic conditions. Our genetic counselors can meet with you during your or your child's physician appointment or as a separate consultation. Telehealth visits are available for patients located in Maryland and neighboring states. This flexibility allows patients to receive comprehensive care in one location without the stress of traveling for multiple visits.



Kennedy Krieger Institute

## During Your Visit

A typical genetic counseling session might include:

- Discussing the reason for the visit and your goals
- Reviewing your family health history and any previous genetic test results
- Helping you understand how genetic factors contribute to health and developmental disorders
- Informing you about the genetic condition and how it is inherited
- Addressing questions about the chance of recurrence in future children, or risks to other family members
- Providing emotional support to help you adjust to a diagnosis
- Sharing resources for more information, and about advocacy and support groups
- Giving referral information for other appropriate medical clinics and programs

If genetic testing is recommended for you or your child, our genetic counselors will explain the benefits and limitations of testing, guide you through decision-making, and meet with you for a follow-up visit to discuss the results and next steps. Our staff will coordinate all aspects of testing and assist with insurance preauthorization.

## Our Team

Kennedy Krieger has a large team of genetic counselors who work in various interdisciplinary centers, clinics and programs throughout the Institute. Each has at least a master's degree from an accredited genetic counseling graduate program and has specialized training in medical genetics, psychology, counseling, public health and research. Our genetic counselors are certified by the American Board of Genetic Counseling.

## Resources

### MedlinePlus “Help Me Understand Genetics”

Explanations of basic genetics concepts, inheritance and other key topics.

[medlineplus.gov/genetics/understanding](https://medlineplus.gov/genetics/understanding)

### National Society of Genetic Counselors

Information about genetic counselors, how to prepare for a genetic counseling appointment, and links to many resources.

[aboutgeneticcounselors.org](https://aboutgeneticcounselors.org)

### National Organization for Rare Disorders

Resources for support, advocacy and information about rare and undiagnosed disorders.

[rarediseases.org](https://rarediseases.org)

## Contact Information

### Genetic Counseling at Kennedy Krieger Institute

### Referrals and Appointments

While many of our patients are referred by their providers at Kennedy Krieger, we also welcome self-referrals. New patients may call **888-554-2080** or request an appointment online at: **KennedyKrieger.org**

For questions about genetic counseling services, please email:

**GeneticCounseling@KennedyKrieger.org**

### Locations

801 North Broadway  
Baltimore, MD 21205

3901 Greenspring Avenue  
Baltimore, MD 2121

*The photograph used on the front is for illustrative purposes only, and any person shown is a model.*

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