

Alvord, Baker & Associates, LLC
TRAINING INSTITUTE

2016-2018

COGNITIVE BEHAVIORAL THERAPY
FOR CHILDREN AND
ADOLESCENTS





About Alvord, Baker & Associates: Alvord Baker & Associates, LLC is a unique, caring and innovative therapy practice, serving adults, children, and adolescents since 1983. Our practice offers individual therapy as well as therapy for couples, families, and groups. Additional services include psychological evaluations and consultations to schools. Cognitive Behavioral Therapy is a specialty of the practice and has been since its inception. Alvord Baker & Associates is highly committed to the continuing education of interested mental health professionals. For this reason, we offer four continuing education programs each year, as well as our Cognitive Behavioral Therapy Training Institute.

What is Cognitive Behavioral Therapy? Cognitive Behavioral Therapy (CBT) is a set of therapies that are practical and results-oriented, and designed to reduce symptoms and improve a person's quality of life. CBT approaches are evidence based and have been proven effective with a multitude of problem areas including, but not limited to: depression, anxiety, low self-esteem, and anger management. Hundreds of studies have been conducted that show the efficacy of CBT. The Alvord, Baker & Associates, LLC Training Institute is pleased to continue to offer ***Cognitive Behavioral Therapy for Children and Adolescents***. The curriculum focuses on the use of CBT specifically with children and adolescents, which can be a very engaging and collaborative process that helps young people to take responsibility for their own progress. Children and teens are encouraged to recognize their own thought patterns, to notice when these patterns are helping and when they are hurting. CBT emphasizes the connection between feelings, thoughts and behaviors, and teaches coping skills and strategies to address each. CBT works best when treatment strategies are also practiced outside the therapy room and when developed in collaboration with children, teens, parents, and community professionals (teachers, coaches, etc.).

Structure and Schedule: The Training Institute's ***Cognitive Behavioral Therapy for Children and Adolescents*** will begin in October of 2016 and conclude in June of 2018. There will be two components: didactic presentations and small group consultation sessions.



Didactic presentations instruct trainees in the theory, research and clinical application of CBT in specific diagnostic groups. Didactic presentations will occur every other month, excluding the summer, over the course of the two years. Each will be 3 hours and 15 minutes in length, allowing for 3 hours of instruction and a 15 minute break. They will each start at 8:45 AM and finish at 12:00 PM. The schedule follows:

10/14/16	Theoretical and Practical Introduction to Cognitive Behavioral Therapy	Dr. Mary Alvord
12/9/16	Cognitive Behavioral Treatment of Childhood Anxiety Disorders	Dr. Bonnie Zucker
2/10/17	Application of Cognitive Behavioral Therapy for Specific Childhood Anxiety Disorders	Dr. Kelly O'Brien
4/21/17	Incorporating Others in the Treatment of Childhood Anxiety Disorders	Dr. Lisa Sanchez and Dr. Heather Loffredo
6/2/17	Cognitive Behavioral Therapy for Attention Deficit / Hyperactivity and Oppositional Defiant Disorder	Dr. Veronica Raggi
10/20/17	Cognitive-Behavioral Treatment of Obsessive-Compulsive Disorder	Dr. Bonnie Zucker
12/8/17	Cognitive Behavioral Therapy for Depression	Dr. Mary Alvord
2/9/18	A Behavior Therapy Approach to the Treatment of Tic Disorders	Dr. Jessica Samson
4/13/18	Cognitive-Behavioral Treatment of Panic Disorder	Dr. Lynn Bufka and Dr. Mary Alvord
6/8/18	Trauma Focused Cognitive Behavioral Therapy	Dr. Julia Felton

Small group consultation sessions offer guidance to participants in the application of CBT approaches to specific clinical cases within their own professional practices. Consultation sessions will occur during the alternate months, in between the didactic presentations, and will be 90 minutes in length. No meetings will be scheduled during the months of July and August. Sessions will be held at either our Silver Spring or Rockville, Maryland locations on specific Friday mornings. Each group will be led by an experienced Alvord Baker & Associates therapist with expertise in CBT.

Our Instructors

Mary Karapetian Alvord, Ph.D. is a licensed psychologist and director of Alvord, Baker & Associates, LLC, a group practice in MD. She specializes in the treatment of anxiety and mood disorders using Cognitive Behavioral Therapy.



Her particular focus is on building resilience in children and teens through group therapy and she is co-author of ***Resilience Builder Program for Children and Adolescents: Enhancing Social Competence and Self-Regulation (A Cognitive-Behavioral Group Approach)***, ***Relaxation and Self-Regulation Techniques for Children and Teens: Mastering the Mind-Body Connection*** (audio CD), and ***Relaxation and Wellness Techniques: Mastering the Mind-Body Connection*** (audio CD for adults). Currently, Dr. Alvord serves as APA's Public Education Coordinator for the Maryland Psychological Association and was the 2013 President of the APA Media Psychology and Technology Division. She is an Adjunct Associate Professor of Psychiatry at The George Washington University School of Medicine. In 2013, Dr. Alvord received the ***Outstanding Professional Contributions to Psychology*** award by the Maryland Psychological Association, and also the ***Outstanding Achievement Award*** by the Armenian Behavioral Science Association. Dr. Alvord was honored as the first recipient of the American Psychological Association's ***Presidential Innovative Practice Citation*** (2009). Dr. Alvord is an inaugural Fellow of the Association for Behavioral and Cognitive Therapies (ABCT).

Lynn Bufka, Ph.D. is a licensed psychologist. She completed post-doctoral training at the Center for Anxiety and Related Disorders at Boston University under the supervision of Dr. David Barlow. Her clinical expertise is in the cognitive behavioral treatment of anxiety disorders. In addition to the treatment of anxiety disorders in adolescents and adults, Dr. Bufka is interested in issues related to identity development and cross-cultural adaptation and has experience working with these issues with college students and young adults. Other professional interests include evidence based practice, outcomes management, health policy and cross cultural psychology.

Julia Felton, Ph.D. is a licensed psychologist. Dr. Felton completed her doctoral degree in clinical psychology at Vanderbilt University and her pre-doctoral training at the Medical University of South Carolina. She specializes in evidence-based approaches for the treatment of depression, anxiety, post-traumatic stress, and grief in children, adolescents, and adults. Dr. Felton also has experience counseling adults and children with ADHD and behavior disorders. Further, she has worked extensively with couples experiencing marital difficulties and trauma-exposed adults. Dr. Felton is currently also employed as the Director of the Master's in Clinical Psychological Science program at the University of Maryland, College Park where she teaches coursework in evidence-based treatment techniques for children, adolescents, and adults. Her clinical approach includes cognitive-behavioral and interpersonal interventions.

Heather Loffredo, Psy.D. is a licensed psychologist with expertise in psychotherapy with children, adolescents, adults, and families. Dr. Loffredo



completed her pre-doctoral training at Children's National Medical Center's Neuro-developmental Clinic, where she gained experience assessing children with developmental delays, and Children's National Medical Center at HSC Pediatric Center, where she specialized in psychological treatment and assessment of pediatric populations. During her internship in a community mental health center and post-doctoral training, she concentrated extensively on group and individual therapy with children, adolescents, and adults and psycho-educational and clinical assessments. Dr. Loffredo has also worked as the lead psychologist for Friendship Public Charter Schools, where she focused on treatment of children with special education needs, including academic, behavioral, and social-emotional difficulties. Specific areas of clinical expertise and interest include: psychoeducational and psychological evaluations, parent training, and treatment of children, adolescents, and adults with social deficits, anxiety disorders, learning disabilities, ADHD, autism spectrum disorder, mood disorders, behavioral challenges, grief and loss, issues related to self-esteem, stress-management, chronic pain, and co-morbid medical diagnoses.

Kelly O'Brien, Ph.D. is a licensed psychologist. She completed her pre-doctoral internship in child community mental health at the University of North Carolina-Chapel Hill. She was then a Research Assistant Professor at the University of Maryland and project coordinator for several NIMH-funded treatment outcome studies for children with ADHD and young children with high behavioral inhibition. Dr. O'Brien now provides cognitive-behavioral and family based approaches to the assessment and treatment of child and adolescent anxiety, depression, ADHD, and behavior problems. She has expertise in Parent-Child Interaction Therapy (PCIT) and provides training to mental health professionals in evidence informed treatment for children and families. Dr. O'Brien is also a research consultant at the University of Maryland.

Veronica Raggi, Ph.D. is a licensed psychologist. She completed a pre-doctoral internship at Children's National Medical Center in Washington, D.C. and postdoctoral training at the New York University Child Study Center. Dr. Raggi currently provides individual therapy (child, adolescent, and adult), family therapy, behavioral parent training, school consultation services, and psychological assessments. She has extensive experience in the application of behavioral and cognitive-behavioral approaches in the treatment of child and adolescent anxiety, social skills deficits, depression, ADHD, oppositional defiant disorder, academic problems, and organizational skills deficits. She has published in numerous scholarly journals on topics such as academic and homework-related concerns, parenting issues, and school-based treatment of ADHD. She is the author of an application for the iPhone entitled *CBT Tools for Kids*. She has served as adjunct faculty at the University of Maryland, College Park in their Clinical Psychology Ph.D. Program.



Jessica Samson, Psy.D. is a licensed psychologist in Maryland. She earned her doctoral degree from Xavier University and has been working in the Alvord, Baker practice for the past eight years. Prior to joining the practice, Dr. Samson worked on two multi-site clinical trials at Johns Hopkins School of Medicine, Department of Psychiatry providing cognitive-behavioral treatment to children and adolescents with anxiety and tic disorders. Dr. Samson has background and expertise in providing individual and group evidence-based interventions to children, adolescents, and young adults with a wide range of conditions including anxiety and mood disorders, ADHD, tic disorders, and body focused repetitive behaviors.

Lisa Sanchez, Ph.D. is a licensed psychologist. Her pre-doctoral and post-doctoral experience at Children's National Medical Center in Washington, DC, provided a broad range of experiences including individual therapy, assessment of children with executive functioning disorders, and assessment of young children with developmental delays and autism spectrum disorders. As part of her training, she also completed a fellowship in the Leadership and Education in Neurodevelopmental Disabilities (LEND) program. At Alvord, Baker, & Associates, Dr. Sanchez continues to provide treatment and testing services for children of all ages. Her intervention approach is guided by cognitive behavioral and family systems theory. Specific services include a behavioral therapy program for socially anxious/shy children, parent training programs for children with disruptive behaviors, and comprehensive neurodevelopmental evaluations for toddlers and preschool age children who are suspected of having an autism spectrum disorder.

Bonnie Zucker, Psy.D. is a licensed psychologist with background and expertise in psychotherapy with children, adolescents, and adults. Dr. Zucker's areas of interest include: individual and family therapy; treatment of anxiety disorders, depression, ADHD and learning problems, social skills training, relationship & self-esteem issues, and sexual abuse & sexual reactivity. Dr. Zucker is the author of ***Anxiety-Free Kids: An Interactive Guide for Parents and Children, Take Control of OCD: The Ultimate Guide for Kids with OCD***, and the co-author of ***Resilience Builder Program for Children and Adolescents: Enhancing Social Competence and Self-Regulation (A Cognitive-Behavioral Group Approach)***, ***Relaxation and Self-Regulation Techniques for Children and Teens: Mastering the Mind-Body Connection*** (audio CD), and ***Relaxation and Wellness Techniques: Mastering the Mind-Body Connection*** (audio CD for adults). Her books and CDs are all based on the cognitive-behavioral approach. Dr. Zucker is also active in training other mental health professionals on the treatment of anxiety disorders in children and adults.



Continuing Education /Certificates: Those who register and participate in the entire course (didactic and small group sessions) will receive a continuing education certificate for each didactic presentation. Participants who complete at least 75% of the 43.5 institute training hours will receive a Certificate of Completion at the end of the two-year institute. Didactic-only participants will earn continuing education credits, but will not earn a certificate of completion. Alvord, Baker & Associates, LLC is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. Alvord, Baker & Associates, LLC is an approved sponsor of the Maryland Board of Social Work Examiners for CE credits for licensed social workers in Maryland.

Cost: The cost of participation for the **certificate program is \$1800**. This fee covers attendance at all 10 didactic presentations (30 hours), plus 9 small group consultation sessions (13.5 hours) for a total of 43.5 hours. All participants will receive a copy of the *Resilience Builder Program for Children and Adolescents: Enhancing Social Competence and Self-Regulation* as well as the audio CD, *Relaxation and Self-Regulation for Children and Teens: Mastering the Mind-Body Connection*. (Refreshments will be included for each didactic presentation.) For those not interested in the Certificate program, we offer the ten workshop didactic series. The cost for the **10 workshops is \$1100**. Payment for both the Certificate Program and didactic only, can be made on an installment plan during the first year (see more info on following page).

Who May Attend: We invite licensed mental health professionals with at least 2 years of post-graduate experience to attend the Institute. In order to participate in small group consultation, it is also expected that all participants are currently working in some professional capacity with children and/or adolescents.

Location: All didactic presentations will be offered at the Rockville office of Alvord Baker & Associates, LLC, located at 3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852. Consultation groups will be offered in both our Rockville and Silver Spring offices.

Live-Web Conferencing: While in-person attendance is preferred and encouraged for participants in the DC metro area, the program and consultation groups will be live-streamed for those who are not in the local area or are unable to attend in person. These are live and allow for participation. As such, participation in the didactic seminars by live conferencing will qualify for continuing education credits. Additionally, DVD's of each seminar will be made available for participants who are unable to attend."



Contact: If you are interested in participating, please complete the registration form below. If you would like additional information, please call our Continuing Education Coordinator, Veronica Raggi, Ph.D., at 301-593-6554 x57 or e-mail her at vraggi@alvordbaker.com.

REGISTRATION

You may also register online: <https://aba-cbt.eventbrite.com>

Alvord, Baker & Associates, LLC

2016-2018 POST-GRADUATE TRAINING INSTITUTE COGNITIVE BEHAVIORAL THERAPY FOR CHILDREN AND ADOLESCENTS

Name: _____

Title/Profession: _____ Credentials: _____

Organization: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

WorkPhone: _____ Cell: _____ Home: _____

Fax: _____ E-mail: _____

Indicate your level of experience working with children and adolescents:

Some Experience Moderate Experience Very Experienced

Please select one:

CERTIFICATE program \$1800 (10 didactic presentation and 9 consultation sessions)

DIDACTIC only \$1100 (10 presentations) limited number of spaces)

Please select one:

I will participate in person and by live web conferencing on as needed basis.

I will participate by live web conferencing only.

Please indicate how you will pay: in full or by payment schedule:

I will pay in full.

I prefer to pay a deposit of \$600 now, and pay the balance on a payment plan for the **Certificate Program** throughout the first year. Remaining payments of \$300 each will be due on Oct. 14, 2016, Dec. 9, 2016, Feb 10, 2017, and Apr. 21, 2017.

I prefer to pay a deposit of \$600 now, and pay the balance of \$500 in Feb.10, 2017 for the **Ten Didactic presentations**.



Please select method of payment:

_____ Enclosed is my check, payable to **Alvord Baker & Associates, LLC**

_____ Please charge my VISA/MASTERCARD account in the amount of \$_____

Credit Card Information

Name as printed on the card: _____

Card Number: VISA Mastercard _____

Expiration Date: _____ CVC Code (on back by signature line): _____

Address: _____

Signature: _____

Mail your completed form (pages 8 & 9) with check or credit card information to:

Dr. Veronica Raggi
Alvord Baker & Associates,
3200 Tower Oaks Blvd, Suite 200
Rockville, MD 20852
or fax to (301)754-1034 (credit card registrations only)

