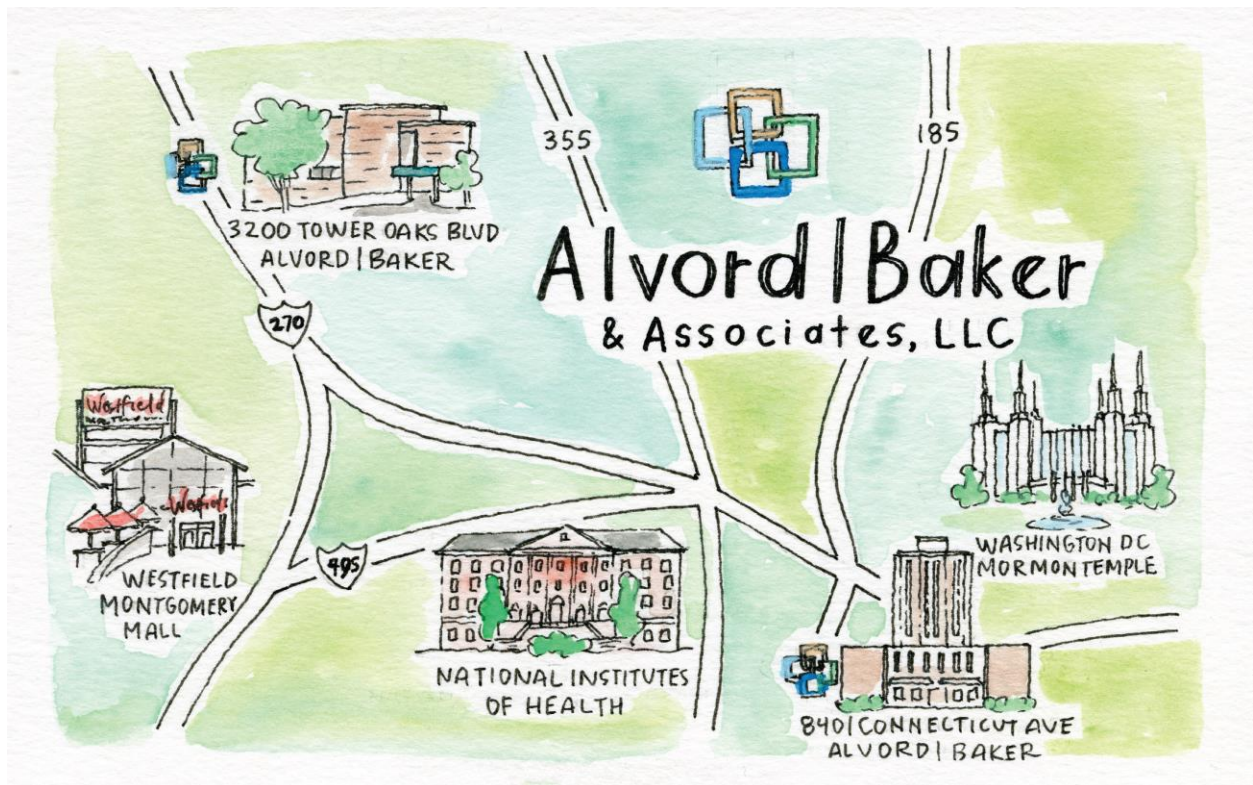


Alvord, Baker & Associates, LLC

TRAINING INSTITUTE

2020-2022

**Cognitive Behavioral Therapy for Children
and Adolescents**





3200 Tower Oaks Blvd Suite 200 Rockville MD 20852
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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, consultations to schools, and telemental (secure video) health services. 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 five 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 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** is a two-year program. It will begin in November of 2020 and conclude in June of 2022. There will be two components: didactic presentations and small group consultation sessions. Alvord, Baker & Associates, LLC is an approved CE sponsor of the American Psychological Association and of the Maryland Board of Social Work Examiners. Alvord, Baker & Associates, LLC maintains responsibility for this program and its content. Participants are provided 3 CE's for each of the didactic workshops.

Didactic presentations instruct trainees in the theory, research and clinical application of CBT in specific diagnostic groups. Didactic presentations will occur every other month (except for the first two workshops), 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 on Fridays.

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 on Friday mornings, in between the didactic presentations, and will be 90 minutes in length. No meetings will be scheduled during the months of July and August. Due to COVID-19, sessions will be held virtually through a HIPAA-secure video conference through 2021. After the end of the first year, we will determine whether in-person consultations can take place for those living in the DC Metro Region. Anyone can choose to continue participating via video. Each group will be led by an experienced Alvord, Baker & Associates therapist with expertise in CBT.

The schedule follows:

Date	Topic	Presenter
11.6.20	Theoretical and Practical Introduction to Cognitive Behavioral Therapy	Mary Alvord, Ph.D.
11.20.20	Consult Group	
12.11.20	Cognitive Behavioral Treatment of Childhood Anxiety Disorders	Bonnie Zucker, Psy.D.
1.08.21	Consult Group	
2.19.21	Application of Cognitive Behavioral Therapy for Specific Anxieties in Children and Adolescents	Kelly O'Brien, Ph.D.
3.19.21	Consult Group	
4.23.21	Incorporating Others in Treatment of Childhood Anxiety Disorders	Heather Loffredo, Psy.D.
5.07.21	Consult Group	
6.04.21	Cognitive Behavioral Therapy for Depression in Children and Adolescents	Mary Alvord, Ph.D.
9.17.21	Consult Group	
10.15.21	Cognitive Behavioral Therapy for Panic Disorder in Children and Adolescents	Colleen Cummings, Ph.D. Keri Linas, Ph.D., Psy.D.
11.12.21	Consult Group	
12.10.21	Cognitive Behavioral Treatment of Social Anxiety in Children and Adolescents	Colleen Cummings, Ph.D. Keri Linas, Ph.D., Psy.D.
1.21.22	Consult Group	

2.11.22	Cognitive Behavioral Treatment of Obsessive-Compulsive Disorder in Children and Adolescents	Bonnie Zucker, Psy.D.
3.11.22	Consult Group	
4.29.22	Cognitive Behavioral Therapy for Attention Deficit/Hyperactivity and Oppositional Defiant Disorder with a Focus on Parent Training	Nina Shiffrin, Ph.D.
5.13.22	Consult Group	
6.10.22	Trauma Focused Cognitive Behavioral Therapy for Children and Adolescents	Andrea Chisolm, Ph.D.

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. She is an Adjunct Associate Professor of Psychiatry at The George Washington University School of Medicine and supervises second-year Psychiatry Fellows in CBT. Dr. Alvord was honored as the first recipient of the American Psychological Association's *Presidential Innovative Practice Citation* (2009). Most recently, she was presented the award for *Promoting Evidence-Based Mental Health Services for Children and Adolescents* by the APA Society of Clinical Child and Adolescent Psychology and the *APA Citizen Psychologist Award for Maryland* by the Maryland Psychological Association. She is a Fellow of the American Psychological Association and the Association for Behavioral and Cognitive Therapies and a Clinical Fellow of the Anxiety and Depression Association of America. Dr. Alvord is co-author of ***Resilience Builder Program for Children and Adolescents: Enhancing Social Competence and Self-Regulation (A Cognitive-Behavioral Group Approach)***, ***audio and digital recordings: Relaxation and Self-Regulation Techniques for Children and Teens: Mastering the Mind-Body Connection***, and ***Relaxation and Wellness Techniques: Mastering the Mind-Body Connection*** (for adults), and ***Conquer Negative Thinking for Teens: A workbook to break the nine thought habits that are holding you back*** .

Andrea Chisolm, Ph.D. Licensed Psychologist, Dr. Chisolm completed her doctoral degree in clinical psychology from West Virginia University and completed her clinical internship and postdoctoral fellowship at the Medical University of South Carolina. Dr. Chisolm practices from an evidence-based, cognitive behavioral framework and specializes in the treatment of trauma, anxiety, and depression in children, adolescents, and adults. She also has experience providing individual and family therapy to address ADHD and disruptive behavior disorders. In addition to providing clinical services at



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Alvord, Baker & Associates, Dr. Chisolm is an Assistant Clinical Professor and serves as Program Director for the Master's in Clinical Psychological Science program at the University of Maryland, College Park. There she provides graduate level instruction for courses related to cognitive and behavioral interventions, psychopathology, professional ethics, and diversity. She also supervises the clinical work (therapy and assessment) of graduate student clinicians in the doctoral program

Colleen Cummings, Ph.D. Licensed psychologist, Dr. Cummings specializes in the diagnosis and treatment of anxiety and mood disorders for children, adolescents, and adults. Dr. Cummings completed her doctorate in clinical psychology at Ohio State University, and her predoctoral internship at Children's National Medical Center in Washington, DC. Dr. Cummings earned specialty training in the cognitive-behavioral treatment of youth anxiety disorders during her postdoctoral fellowship at the Child and Adolescent Anxiety Disorders Clinic at Temple University. She has provided comprehensive assessment and individual, group, and family therapy in several settings, including outpatient specialty clinics, private practice, schools, and hospitals. She has a strong interest in early intervention and prevention efforts, as well as the dissemination of effective treatments to the community. Her clinical approach emphasizes evidence-based, cognitive-behavioral therapy (CBT) for childhood problems including generalized anxiety, social anxiety, obsessive-compulsive disorder, sleep difficulties, depression, separation anxiety, and behavioral issues. Dr. Cummings also provides individual, evidence-based CBT for anxiety and depressive disorders in adults.

Keri Linas, Ph.D., Psy.D. Licensed psychologist with a double doctoral degree in Clinical Psychology and Child, Family, School Studies from the University of Denver. Dr. Linas completed her pre-doctoral training at Children's National Medical Center in Washington, DC, her post-doctoral training at the Georgetown University Center for Child and Human Development, and a fellowship in the Leadership and Education in Neurodevelopmental Disabilities (LEND) program. She is licensed in Maryland and in DC. Dr. Linas has experience providing a broad range of consultation, assessment, and intervention services for children, adolescents, and their families in a variety of settings including the early intervention system, hospitals (inpatient and outpatient), pediatric primary care, community mental health clinics, and private practice. Regarding psychotherapy, she uses empirically grounded treatment modalities including cognitive behavioral therapy (CBT), behavior therapy, and Trauma Focused-Cognitive Behavioral Therapy (TF-CBT). Other specific services include individual and family therapy for anxiety disorders, depressive disorders, mood dysregulation, autism spectrum disorders, ADHD as well as parenting strategies for children with disruptive behaviors.

Heather Loffredo, Psy.D. 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 Neurodevelopmental 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 psychoeducational 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. Dr. Loffredo is the co-author of ***Exposure Therapy for Treating Children and Adolescents with Anxiety***.

Nina Shiffrin, Ph.D. Licensed psychologist, Dr. Shiffrin has experience treating children, adolescents, and adults with a range of clinical presentations including behavioral difficulties, mood and anxiety disorders, and difficulties regulating emotions. Dr. Shiffrin earned her doctorate in clinical psychology from Yale University. While at Yale she received her certification in Kazdin Parent Management Training (KPMT), an evidence-based treatment for children with behavior problems, under the supervision of Dr. Alan Kazdin. She also received her certification in dialectical-behavior therapy for children (DBT-C) with emotion dysregulation and was trained in cognitive behavioral therapy (CBT) for adults with anxiety and mood disorders at the Yale Center for Anxiety and Mood Disorders. Dr. Shiffrin completed her predoctoral internship at Temple University under the supervision of Dr. Philip Kendall, where she gained experience providing the Coping Cat treatment, a cognitive-behavioral therapy program for children and adolescents with anxiety disorders. She has provided individual, family based, and group therapy in a variety of clinical settings including outpatient, school, and intensive outpatient programs utilizing empirically supported treatments.

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.

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 (2nd Ed.)**, **Take Control of OCD: The Ultimate Guide for Kids with OCD**, **Something Very Sad Happened: A toddler's guide to understanding death**, **Parenting 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 and, depending on their licensure, may be able to earn credits as well for consultation groups. 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 for psychologists. Alvord, Baker & Associates, LLC maintains responsibility for this program and its content. Alvord, Baker & Associates, LLC is authorized by the Maryland Board of Social Work Examiners as a sponsor of Continuing Education. A certificate for Category 1 credits will be awarded at the completion of each workshop.

We are now approved by the APA to provide home study credits for the institute. Participants who are unable to attend in-person or online will be allowed to take three home study didactics. CE credit is earned after passing a test.



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Cost: The cost of participation for the **certificate program is \$1,950**. This fee covers attendance at all 10 didactic presentations (30 hours), 3 home study didactics for those missed, plus 9 small group consultation sessions (13.5 hours) for a total of 43.5 hours. All participants will receive a copy of the **Conquer Negative Thinking for Teens** 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 \$1,200**. 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: Didactic presentations and consultation groups will be offered virtually through the 2020-2021 academic year. Following the first year we will make decision about in-person sessions based on the health and safety of the participants and guidance from local government.

Live-streaming: When in-person didactics return, we will continue to offer live streaming for all participants. Additionally, a link to a recording can 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, Keri Linas, Ph.D. Psy.D, at (301)593-6554 ext. 58 or e-mail klinas@alvordbaker.com

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Alvord, Baker & Associates, LLC is authorized by the Maryland Board of Social Work Examiners as a sponsor of Continuing Education. A certificate for Category 1 credits will be awarded at the completion of each workshop.

2020-2022

POST-GRADUATE TRAINING INSTITUTE

**Cognitive Behavioral Therapy for Children and Adolescents
REGISTRATION FORM**

Name: _____

Title: _____ Degree: _____

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 \$1,950** (10 didactic presentation and 9 consultation sessions)

____ **DIDACTIC only \$1,200** (10 presentations) limited number of spaces. This includes the option for up to three absences to be made up for Home Study. You will earn CE credits upon passing the Home Study test.



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

Certificate Program: \$1,950

_____ I will pay in full: \$1,950.

_____ I prefer to pay a deposit of \$650 now, and pay the balance on a payment plan throughout the first year. Remaining payments of **\$325** will be due on Nov. 6, 2020, Dec. 11, 2020, Feb 19, 2021, and April 23, 2021.

Didactic Only: \$1,200

_____ I will pay in full: \$1,200.

_____ I prefer to pay a deposit of \$600 now, and pay the balance of \$600 on Feb.19, 2021.

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): _____

Signature: _____

Mail your completed Registration form with check or credit card information to:

Keri Linas, PhD., PsyD

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or fax to 301-255-0461 (credit card registrations only)