



and

**RESILIENCE** | **ACROSS BORDERS**

**CO-SPONSORS**

**CERTIFICATION IN LEVEL 1**

**OF THE**

**Resilience Builder  
Program<sup>®</sup>**

**Training is based on:**

**Resilience Builder Program for children and adolescents: Enhancing Social Competence and Self-Regulation: A Cognitive-Behavioral Group Approach (Alvord, Zucker, & Grados, 2011)**

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Resilience Builder Program<sup>®</sup> is the registered trademark of Alvord, Baker & Associates, LLC. Participants who are certified in the RBP, may use the registered mark on their website and cite the curriculum (Alvord, Zucker & Grados, 2011).

**About the Resilience Builder Program® (RBP):** The RBP is an evidence-based cognitive-behavioral group intervention based on the longitudinal research that identifies the protective factors that promote resilience. It is designed to help children and teens adapt to the hardships, challenges, and difficulties in their lives.

Thirty sessions teach and practice the skills of resilience. Although sessions are divided into two units, clinicians can choose sessions they would like to use in their preferred order. Strategies are based on a cognitive-behavioral framework. Sessions are interactive and incorporate didactics, discussions, and role-plays with emphasis on group members developing a greater sense of self-efficacy and self-mastery. Topics covered include being proactive, cognitive flexibility, stress management, personal space awareness, problem solving, anger/anxiety management, self-regulation, friendship skills, starting and maintaining conversations, and understanding the impact of one's behavior on others. Relaxation, mindfulness, and self-regulation techniques help children and teens increase awareness of thoughts, body, emotions and actions through calm breathing, self-talk, visualization, progressive muscle relaxation, and yoga. Resilience Builder home assignments and community field trips (when possible) are utilized to reinforce the positive gains seen in the group setting and expand them for use in the community. Parent letters are included for each session so that parents or caregivers can learn about specific skills with tips to reinforce and practice what their child has learned.

**Certification Level 1:** Six hours of didactic training is required to become certified in the Resilience Builder Program®. The training is divided into 4 sessions which can be taken as home study.

Participants will need to purchase a copy of the Resilience Builder Program by Alvord, Zucker and Grados (2011) <https://www.researchpress.com/books/682/resilience-builder-program-children-and-adolescents>. PDF's of all group letters, handouts and Resilience Builder Assignments are located on the Research Press website.

**Certification Level 2:** Following completion of the Level 1 Training, participants will have the option to earn Level 2 certification by participating in a RBP consultation group. Participants will need to complete five hours of small group consultation. Registration will be scheduled following completion of Level 1.

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 CE's for each of the didactic workshops. The program is co-sponsored with Resilience Across Borders, Inc. a charitable non-profit with the mission to promote mental health for children and adolescents.

**For Level 2 Certification: Virtual small group consultation sessions** offer guidance to participants in the application of the RBP to specific clinical cases, group dynamic and troubleshooting within their own professional practices. Virtual consultation sessions will be scheduled after the live virtual trainings have been completed and will likely take place on a Wednesday, Thursday and/or Friday morning. Consults will be held virtually through a HIPAA-secure video conference.

## **Our Instructors:**

**Mary Karapetian Alvord, Ph.D.** is a psychologist and director of Alvord, Baker & Associates, LLC. She treats children, adolescents and adults with anxiety disorders, and children and teens with problems of emotional and behavioral regulation through individual and group therapy. Adjunct Associate Professor of Psychiatry, George Washington University School of Medicine and Health Sciences, she supervises Psychiatry Fellows in Cognitive Behavior Therapy. Co-author of *Resilience Builder Program for Children and Adolescents (book)*, *Relaxation and Self-Regulation for Children and Teens* and *Relaxation and Wellness (for Adults) (audio CDs, MP3's and i-tunes)*, and *Conquer Negative Thinking for Teens*, she has contributed to the American Psychological Association's public education guides on resilience, stress and healthy families. Most recently, Dr. Alvord received an APA Presidential Citation as well as the award for "Promoting Evidence-Based Mental Health Services for Children and Adolescent" by the Society of Clinical Child and Adolescent Psychology.

**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.

**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.

**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 must complete all 6 didactic hours to be certified in Level 1 of the Resilience Builder Program®. Participants must complete all 6 didactic hours plus four hours of small group consultation to be certified in Level 2 of the Resilience Builder Program®. 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.

We are approved by the APA to provide home study credits. For level 1, participants who are unable to attend live online will be allowed to take all or partial home study didactics. CE credit is earned after passing a post-test.

**Cost:** The cost of participation for the **certificate Level 1 program is \$285**. This fee covers attendance at all 4 home study didactic presentations (6 CE hours). Payment for Level 1 Certificate Program can be made via credit card or check by contacting [malvord@alvordbaker.com](mailto:malvord@alvordbaker.com).

**Who May Attend:** We invite graduate students in mental health professions and licensed mental health professionals to attend the Certificate Program. In order to participate in small group consultations, it is also expected that all participants are currently working in some professional capacity with groups with children and/or adolescents.

**Contact:** If you are interested in participating, please complete the registration form below. If you would like additional information, please contact Dr. Mary Alvord at 301-5936554 x 14 or [malvord@alvordbaker.com](mailto:malvord@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 2 credits will be awarded at the completion of each workshop.

*Alvord, Baker & Associates, LLC and Resilience Across Borders, Inc.*

**Certification in Level 1 of the Resilience Builder Program**

**REGISTRATION FORM**

Name: \_\_\_\_\_

Title: \_\_\_\_\_ Degree: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Indicate your level of experience working with children and adolescents:**

\_\_\_\_ Some Experience    \_\_\_\_ Moderate Experience    \_\_\_\_ Very Experienced

**Please select method of payment:**

\_\_\_\_ Enclosed is my check, payable to **Alvord Baker & Associates, LLC** for \$285

\_\_\_\_ Please charge my VISA/MASTERCARD account in the amount of \$285.00

**Credit Card Information**

Name as printed on the card: \_\_\_\_\_

Card Number:  VISA /  MasterCard \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date \_\_\_\_\_

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

**Resilience Builder Program® Training  
Alvord Baker & Associates,  
3200 Tower Oaks Blvd. Suite 200  
Rockville, MD 20852**

or fax to 301-255-0461 (credit card registrations only) or as attachment to [malvord@alvordaker.com](mailto:malvord@alvordaker.com)