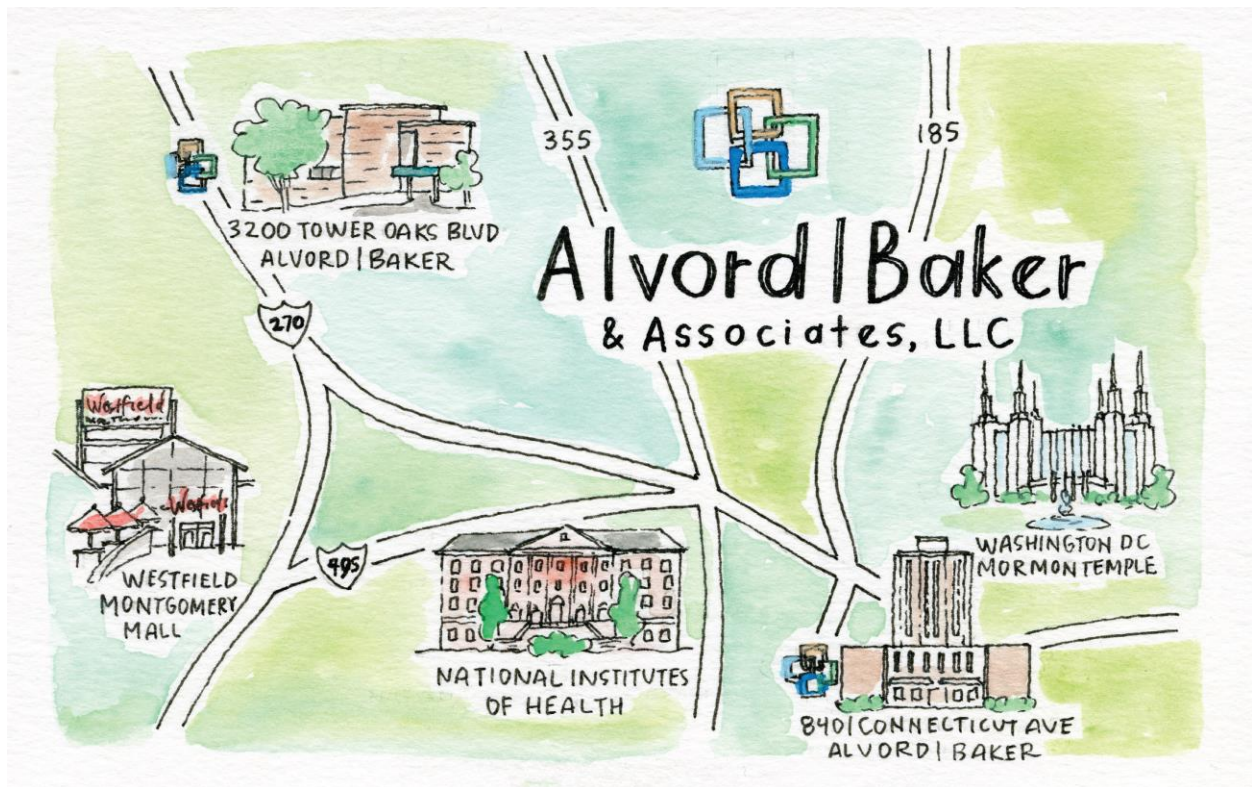


Alvord, Baker & Associates, LLC

TRAINING INSTITUTE

2022-2024

**Cognitive Behavioral Therapy
for Children and Adolescents**





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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 telehealth 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, 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 October of 2022 and conclude in June of 2024. 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. Participants are provided 3 CE 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, excluding the summer, over the course of the two years. **Presentations are virtual through Zoom.** They are 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 EST 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. **Consultation sessions will be held virtually through Zoom.** Each group will be led by an experienced Alvord, Baker & Associates therapist with expertise in CBT.

The schedule follows:

Date	Topic
11.04.22	Theoretical and Practical Introduction to Cognitive Behavioral Therapy – Mary K. Alvord, Ph.D.
11.18.22	Consult Group
12.16.22	Cognitive Behavioral Treatment of Childhood Anxiety Disorders – Bonnie Zucker, Psy.D.
1.20.23	Consult Group
2.10.23	Application of Cognitive Behavioral Therapy for Specific Anxieties in Children and Adolescents – Elizabeth Malesa, Ph.D.
3.17.23	Consult Group
4.28.23	Incorporating Others in Treatment of Childhood Anxiety Disorders – Heather Loffredo, Psy.D.
5.19.23	Consult Group
6.09.23	Cognitive Behavioral Therapy for Depression in Children and Adolescents – Anahi Collado, Ph.D.
9.29.23	Consult Group
10.13.23	Cognitive Behavioral Therapy for Panic Disorder in Children and Adolescents – Colleen Cummings, Ph.D. and Keri Linas, Ph.D., Psy.D.
11.17.23	Consult Group
12.15.23	Cognitive Behavioral Treatment of Social Anxiety in Children and Adolescents – Colleen Cummings, Ph.D. and Keri Linas, Ph.D., Psy.D.
1.12.24	Consult Group



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2.09.24	Cognitive Behavioral Treatment of Obsessive-Compulsive Disorder in Children and Adolescents – Bonnie Zucker, Psy.D.
3.08.24	Consult Group
4.12.24	Behavioral Parent Training for Disruptive Childhood Behaviors – Nina Shiffrin, Ph.D.
5.10.24	Consult Group
6.07.24	Trauma Focused Cognitive Behavioral Therapy for Children and Adolescents – TBA

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)**, and **audio and digital recordings on Relaxation and Self-Regulation for Children and Teens and Relaxation and Wellness Techniques (for Adults, and Conquer Negative Thinking for Teens: A workbook to break the nine thought habits that are holding you back)**. She is an Adjunct Associate Professor of Psychiatry at The George Washington University School of Medicine and supervises second-year Psychiatry Fellows in CBT. In 2020, Dr. Alvord received a *Presidential Citation* from the American Psychological Association for her lifelong dedication and passion for advancing the health and resilience of children, adolescents and their families through her innovative practice. She was selected as the 2019 recipient of the Society of Clinical Child and Adolescent Psychology (SCCAP)/APA Division 53 award for Promoting Evidence Based Mental Health Services for Children and Adolescents. 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.

Anahi Collado, Ph.D. Licensed psychologist, Dr. Anahi Collado, completed her Ph.D. in clinical psychology at the University of Maryland-Collado Park and her pre-doctoral internship at the San Diego VA Healthcare System. In each of these settings, she conducted individual and group therapy in inpatient and outpatient mental health clinics. Upon completing her internship, she accepted a postdoctoral fellowship at Emory University's Child and Adolescent Mood Program. Throughout her clinical training, Dr. Collado gained extensive experience in applying cognitive, behavioral,

and interpersonal interventions to treat depression, anxiety (including obsessive compulsive disorder), insomnia, and posttraumatic stress disorder in children, adolescents, and adults. She also provides behavioral interventions and parent training for ADHD and emotional and externalizing behaviors (stealing, lying, substance use behaviors). Dr. Collado has received a certification in Kazdin Parent Management Training (KPMT), an evidence-based treatment for children with behavioral challenges and she is a SPACE (Supporting Parents of Anxious Children) provider. Dr. Collado has expertise in providing Cognitive Behavioral Therapy, Behavioral Activation, Interpersonal Therapy, Cognitive Processing Therapy, and Prolonged Exposure. Dr. Collado can provide therapy in English and Spanish. Dr. Collado holds an academic appointment as Assistant Research Professor at the University of Kansas, where she conducts research on ways to reduce mental health disparities among underserved and underrepresented U.S. populations.

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 a number of 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, Dr. Keri Linas holds 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. Dr. Linas has received a certification in Kazdin Parent Management Training (KPMT), an evidence-based treatment for children with behavior problems. She has certification in Supporting Parents of Anxious Children (SPACE, under the supervision of Eli Lebowtiz. Dr. Linas has been trained in the Unified Protocol for Children and Adolescents and has received intensive training in Exposure and Response Prevention Therapy (ERPO) through the International OCD Foundation. Specific areas of clinical interest and expertise include child and adolescent anxiety, OCD, body focused repetitive behaviors, parent training for youth with anxiety and or disruptive behaviors, autism spectrum disorder (ASD), gender identity quests in children/adolescents with and without ASD, mood disorders, social skills and communication problems.

Heather Loffredo, Psy.D. Licensed psychologist, Dr. Heather Loffredo has expertise in psychotherapy with children, adolescents, adults, and families. She 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.***

Elizabeth Malesa, Ph.D. Licensed psychologist, Dr. Malesa, who has been with Alvord Baker & Associates for a decade, provides empirically based interventions to children, adolescents, and young adults with a variety of clinical presentations including anxiety, OCD, ASD, depression, and emotional and behavioral dysregulation. She uses a broad range of empirically-grounded treatment modalities including cognitive behavioral

therapy (CBT), behavior therapy, Parent-Child Interaction Therapy (PCIT), and Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) as well as programs such as Unstuck and on Target and Zones of Regulation. Dr. Malesa earned her PhD in Clinical Psychology from Vanderbilt University in 2011 where her training specialized on autism spectrum disorders. She completed a pre-doctoral internship and post-doctoral fellowship in Pediatric Psychology at the A. I. duPont Hospital for Children in Wilmington, DE, focusing on assessment and treatment in early childhood. Outside of her work at Alvord, Baker & Associates, Dr. Malesa is a Clinical Assistant Professor in the Department of Pediatrics at George Washington University School of Medicine and Health Sciences. In addition, she is the coordinator for the Montgomery County Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) parent support group.

Nina Shiffrin Starin, 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 who complete at least 8 of the 10 didactics and at least 7 of the 9 consultation meetings will be considered eligible for the 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 (APA) to sponsor continuing education (CE) for psychologists



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and an approved sponsor of the Maryland Board of Social Work Examiners for CE credits for licensed social workers in Maryland.

Home study: Alvord Baker & associates is also approved by APA to provide home study credits for the institute. Participants who are unable to attend in-person or online didactic presentations are allowed to view a recording of the live-presentation. CE credit will be earned after passing a test.

Cost: The cost of participation for the **certificate program is \$1950**. 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 ***Conquer Negative Thinking for Teens by Alvord & McGrath and Take Control of OCD a Kids Guide to Conquering Anxiety and Managing OCD by Bonnie Zucker***. For those not interested in the Certificate program, we offer the ten workshop didactic series. The cost for the **10 workshops is \$1200**. Payment for both the Certificate Program and didactic-only series 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. **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 held over Zoom.

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

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.



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Alvord, Baker & Associates, LLC
2022-2024
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 \$1950** (10 didactic presentation and 9 consultation sessions)

_____ **DIDACTIC only \$1200** (10 presentations) limited number of spaces.

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

_____ I will pay in full: (check one) _____ Certificate Program: \$1,950 _____ Didactic Only: \$1200

_____ For the **Certificate Program** 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 Oct. 28, 2022, Dec. 16, 2022, Feb 10, 2023, and April 28, 2023.

_____ **For the Didactic Only**, I prefer to pay a deposit of \$600 now, and pay the balance of \$600 on Feb.10, 2023.

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): _____

Signature: _____

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

Keri Linas, PhD., PsyD

Alvord Baker & Associates, LLC

3200 Tower Oaks Blvd. Suite 200

Rockville, MD 20852

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