



# Alvord | Baker & Associates, LLC

## NEWSLETTER

Volume 1/Issue 3

### GROUP REGISTRATION

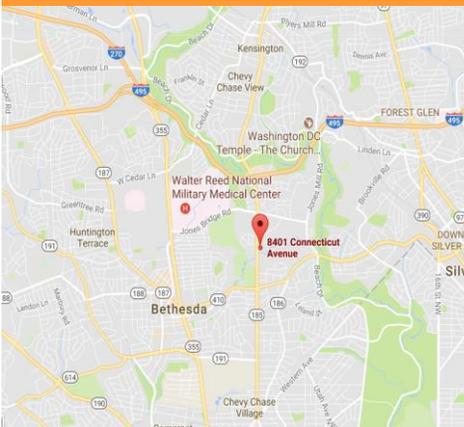
Registration for our spring Resilience Builder Groups is now ongoing. Groups begin early February. If you are interested in signing up, please call our group coordinator, Mary Sarro, to assist. 301-593-6554, ext. 24.

### FOLLOW OUR FACEBOOK PAGE

<https://www.facebook.com/AlvordBaker/>

Please “like” or “follow” us on Facebook for up to date news on mental health and our practice.

Our new office is located at  
8401 Connecticut Ave in  
Chevy Chase, MD



### WELCOME TO OUR NEW CLINICIANS

As we moved to our larger office space in Chevy Chase, we have also expanded our practice to serve more families and shorten our waitlist. Meet our new clinicians:



**Dr. Candice Watson** earned a doctoral degree in Clinical Psychology from the Catholic University of America. She specializes in the assessment and treatment of anxiety and mood disorders in children, adolescents, and adults. She also has experience providing parenting strategies to manage behavioral

problems in children. Dr. Watson provides individual and family therapies and uses empirically-grounded treatment modalities including cognitive behavioral therapy, parent management training, and exposure and response prevention.



**Dr. Ryan DeLapp** earned his Ph.D. in clinical psychology from the University of Louisville. He has experience with evidenced-based assessments and cognitive-behavioral therapies for mood, anxiety, and behavioral

difficulties in children, adolescents, and young adults of varying socioeconomic and ethnic backgrounds. He also has a strong interest in mental health disparities and culturally-sensitive applications of assessments and treatments for anxiety and mood disorders in child and adult populations.



Dr. Sharon Thomas received her Ph.D. in Clinical Psychology from the University of Maryland, College Park. Dr. Thomas provides evidenced-based diagnostic evaluations, psychotherapy, academic and special education consultation, psychological assessment to children, adolescents, and adults, depression, ADHD, and anxiety. Dr. Thomas is trained in providing behavioral parent training, cognitive-behavioral therapy, social skills training, Parent-Child Interaction Therapy (PCIT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), executive skills training, special education consultation, and neuro/psychological assessment.

## Contact Us

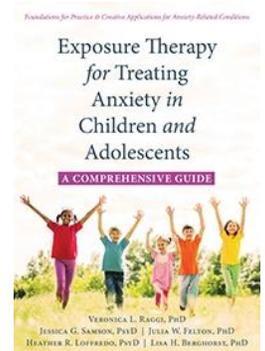
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## BOOK UPDATE

We are excited to announce our new book for professionals, a guide to conducting exposure therapy with children and adolescents with anxiety disorders. Written by Veronica Raggi, Jessica Samson, Julia Felton, Heather Loffredo and Lisa Berghorst.



## RESEARCH UPDATE

We are partnering with Dr. Philip Shaw at the National Human Genome Research Institute. We invite children with ADHD, grades 2-8, who are participating in the Resilience Builder Program for the first time to join our research study. Participation will include a clinical evaluation with written report provided, MRI, and genetic screening. Volunteers are compensated by NHGRI. For more information, email Wendy Sharp at [Sharp@mail.nih.gov](mailto:Sharp@mail.nih.gov).

## COOL, CONFIDENT AND COURAGEOUS GROUPS

We are pleased to continue to offer groups for children with severe social anxiety and/or selective mutism this winter. The focus of these groups is on the practice and reinforcement of brave speech and social interaction with peers and adults in a fun and safe setting. Groups meet for 60 minutes each session and run for approximately 8 weeks. They are held at our Chevy Chase office. Please email or call one of our group leaders for further information: Veronica Raggi at [vraggi@alvordbaker.com](mailto:vraggi@alvordbaker.com) or 301-593-6554, ext 57 or Kelly O'Brien at [kobrien@alvordbaker.com](mailto:kobrien@alvordbaker.com) or 301-593-6554, ext 41.

## MENTAL HEALTH SPOTLIGHT

As we start the new year, many people make resolutions for behaviors they hope to change. Here are some helpful tips, from the American Psychological Association, to help make those changes stick.

- Start small
- Change one behavior at a time
- Share your goal with others
- Be gentle with yourself if you experience a set back
- Ask for support