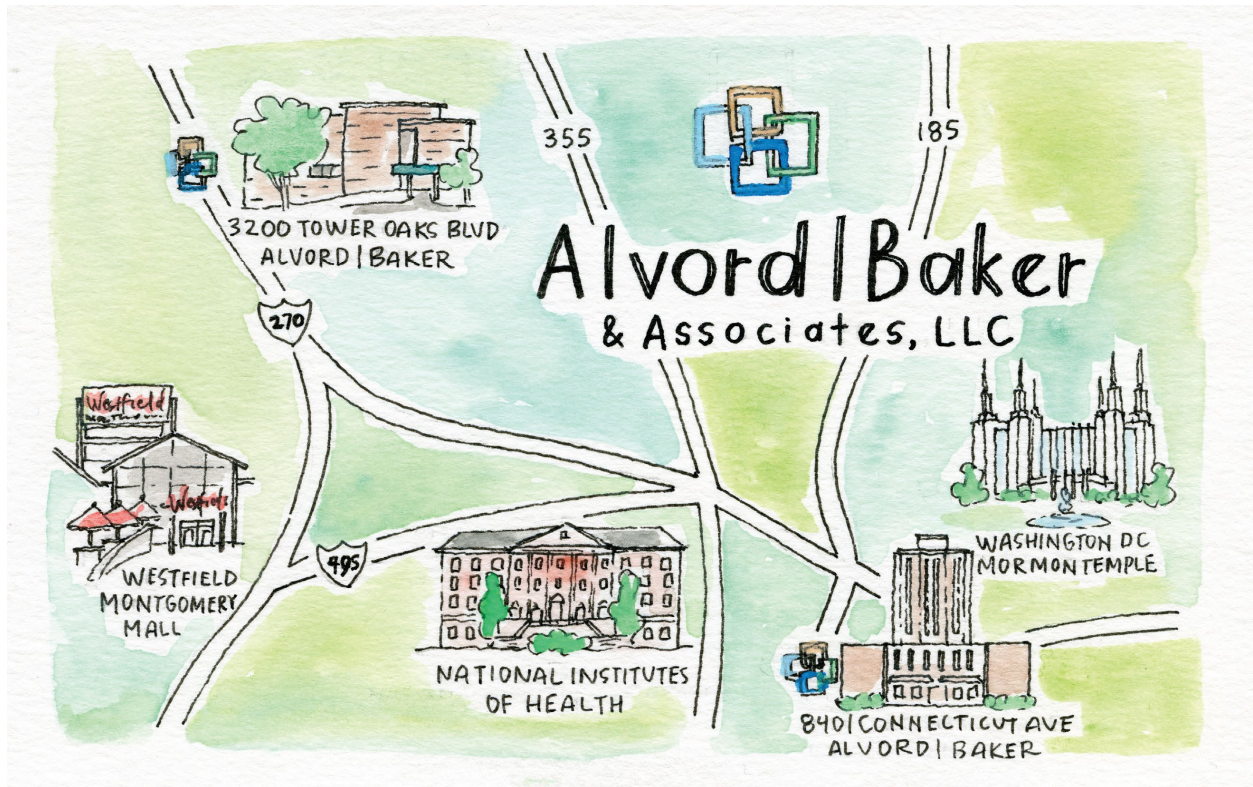


Alvord, Baker & Associates, LLC

TRAINING INSTITUTE

2024-2026

**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: *Cognitive Behavioral Therapy for Children and Adolescents*

- October 2024 - June 2026
- 3-hour **Didactic Presentations**, 8:45-12:00, Fridays, every other month
 - Instructs trainees in the theory, research and clinical application of CBT in specific diagnostic groups. **VIRTUAL**

- 90-minute **Small Group Consultation Sessions**, Fridays, on alternate month to didactic session **VIRTUAL**
 - Consultation sessions offer guidance to participants in the application of CBT approaches to specific clinical cases within their own professional practices
 - Each group will be led by an experienced Alvord, Baker & Associates therapist with expertise in CBT.

The schedule follows:

Date	Topic
10.4.24	Mary Alvord- Theoretical and Practical Introduction
11.15.24	Consult Group
12.13.24	Elizabeth Malesa- Generalized and Specific Anxieties
1.10.25	Consult Group
2.14.25	Heather Loffredo- Incorporating Others in Treatment
3.21.25	Consult Group
4.11.25	Anahi Collado- Depression
5.16.25	Consult Group
6.06.25	Colleen Cummings, Keri Linas- Panic
9.19.25	Consult Group
10.10.25	Colleen Cummings, Keri Linas- Social Anxiety
11.14.25	Consult Group
12.12.25	Bonnie Zucker- OCD
1.9.26	Bonnie Zucker- Advanced OCD
2.06.26	Consult Group
3.13.26	Nina Shiffrin Starin- Behavioral Parent Training for Disruptive Behaviors
4.17.26	Consult Group
5.08.26	Jessica Samson- Body Focused Repetitive Behaviors
6.05.26	Consult Group

Continuing Education/Certificates:

- Continuing education certificate provided for each didactic presentation
- Those who register and participate in the entire course (didactic and small group sessions) are eligible for the Certificate of Completion at the end of the two-year institute.

- To earn the certificate participants must complete at least 8 of the 10 didactics and at least 7 of the 9 consultation meetings
- Didactic-only participants will earn continuing education credits but will not earn a certificate of completion.

Home study:

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

American Psychological Association Approved Sponsor:

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.

New York York State Education Department's State Board for Psychology:

Alvord Baker & Associates, LLC is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0213.

Cost: Certificate Program : \$2,150

- Covers attendance at all 10 didactic presentations (30 hours), 9 small group consultation sessions (13.5 hours) for a total of 43.5 hours.
- Certificate Program Participants will all receive a free copy of the **Action Mindset Workbook for Teens by Alvord & McGrath and Take Control of OCD a Kids Guide to Conquering Anxiety and Managing OCD by Bonnie Zucker.**

OR:

Cost: Didactic CEs only, NO CONSULTATION GROUPS: \$1,250

- Covers the ten workshop didactic series

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Cost: Individual CE- purchase one or more workshops: \$130 per workshop

- Fee per workshop. May be purchased one at a time

Payment Plan is available upon request for the Certificate or the Didactic Only 10 workshop package.

Who May Attend: We invite licensed mental health professionals with at least 2 years of postgraduate 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

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Our Instructors:

Mary Karapetian Alvord, Ph.D. is a licensed psychologist and founder 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; Conquer Negative Thinking for Teens: A workbook to break the nine thought habits that are holding you back; and, The Action Mindset Workbook for Teens: Simple CBT skills to help you conquer fear & self-doubt & take steps toward what really matters.*** 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



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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, Psy.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.



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Jessica Samson, PsyD is a licensed psychologist with fifteen years of experience who uses evidence-based treatments to provide individual therapy interventions to children, adolescents, and adults. She earned her Master's and Psy.D. degrees from Xavier University in Cincinnati, Ohio. Immediately following graduate school, she worked on two multi-site clinical trials at Johns Hopkins School of Medicine, Department of Psychiatry, providing cognitive behavior therapy (CBT) to children and adolescents with anxiety and tic disorders. Dr. Samson currently provides therapy to children, adolescents, and adults at her private practice in Bethesda, MD. In addition to maintaining her full-time private practice, she provides CBT case consultation and supervision to first and second-year psychiatry fellows at Children's National Medical Center in Washington, DC. Throughout her years of doing evidence based treatment for a wide range of mental health diagnoses, she has developed expertise in the implementation of interventions for tic disorders and Body focused repetitive behaviors

Nina Shiffrin Starin, Ph.D. Licensed psychologist, Dr. Shiffrin Starin 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 Starin 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 Starin 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.