Instructor: Teresa Scott, Ph.D.
Email: Teresa.Scott@uvm.edu
Phone: (802) 656-9973 (office)
        (802) 578-6346 (cell)
Office: Room 133C (in Behavior Therapy & Psychotherapy Center)
Availability to meet outside of class: In the office on Mondays and Thursdays, please email to set up a time if you would like to meet individually during the course of the semester.

Course Objectives

- Training experience in the assessment and treatment of individuals in a non-profit, community-based mental health clinic
- Training using empirically-validated treatment methods, specifically Cognitive-Behavioral Therapy (CBT) with children and adolescents with anxiety disorders
- Training in the application of practical and supportive methods for working with multiply-stressed individuals and families

Course Expectations

- Active participation on clinical supervision team
  - Students will be prepared to discuss their own cases, in addition to offering feedback regarding other group members’ cases
- Continued professional and ethical development
  - Ongoing discussion of professional and ethical conduct will be emphasized during the semester
  - Students are encouraged to raise issues as they arise
- Twice per semester, each student will present videotaped portions of therapy sessions for feedback by instructor and teammates (see schedule below)
- Students will consult with instructor in between meetings in the event of an emergent clinical issue - Additional contact numbers will be provided.
- Students will provide notes and reports for instructor’s signature in a timely manner
- Students will carry sufficient client loads that they have the required face-to-face weekly contact hours agreed upon between the student and the clinic director
- If you have a formal accommodation plan developed in conjunction with UVM’s ACCESS Office or would like to discuss the supports that you need in order to learn well in this course, please contact me in the beginning of the semester. Adaptations and
instructional supports are available through consultation with me and the ACCESS Office (www.uvm.edu/~access/).

- You are required to attend all classes. The exceptions to this policy are as follows:
  - Religious holidays: Students have the right to practice the religion of their choice. If you need to miss a class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.
  - Family emergencies and illness: If there are circumstances under which you may be able to anticipate missing one or more classes due to potential family emergency or personal illness during the semester, please let me know this as soon as possible. Should you unexpectedly be faced with one of these issues, please communicate with me about it so that we can formulate a plan to ensure that you can make up the work in a timely manner.

- Consultation with other professionals will be recommended at times

**Required Reading**
No book this semester, see session schedule for required videos. We will be watching and discussing videos found on the Division 53 website, link: http://effectivechildtherapy.fiu.edu/professionals/keynotes. Videos are free to view. These are keynote addresses by top professionals in our field, and range from 40-75+ minutes.

**Session Schedule – Videotape presentation and required video viewing**

January 15: Meghan; Div 53 video: Evidenced based approach to assessment and evaluation for child mental health by Dr. Frick.

January 22: Sarah; Div 53 video: Basics of CBT with children and adolescents: social learning theory by Dr. Albano

January 29: Jeff; Div 53 video: Evidenced based practice in child and adolescent mental health: Why are they important? By Dr. Pelham

February 5: Quyen; Div 53 video: Evidenced-based treatment of OCD in children and adolescents by Dr. Piacentini

February 12: Meghan; Div 53 video: Evidenced-based approaches for children with anxiety problems by Dr. Silverman

February 19: Sarah; Div 53 video: The impact of disasters on youth: Risk, resilience, and interventions by Dr. LaGreca

February 26: Jeff; Div 53 video: Evidenced based treatment of depression in adolescents by Dr. Curry

March 5: NO CLASS, SPRING BREAK

March 12: Quyen; Div 53 video: Suicide risk assessment & formulation in children and adolescents: An evidenced-based approach by Dr. King
March 19: Meghan; Div 53 video: Evidenced-based medication treatment of anxiety and depression in young people by Dr. Carlson

March 26: Sarah; Div 53 video: Evidenced-based parenting programs for the treatment of children with externalizing problems by Dr. Cunningham

April 2: Jeff; Div 53 video: Evidenced-based psychosocial and combined approaches to treating ADHD in children and adolescents by Dr. Pelham

April 9: Quyen; Div 53 video: Evidenced-based pharmacological approaches to treating ADHD in children and adolescents by Dr. Waxmonsky

April 16: Joanna; Div 53 video: Getting Dads off the sidelines: Practices for promoting father involvement in mental health interventions by Dr. Fabiano

April 23: Ivori; Div 53 video: Peer victimization and mental health outcomes: Genetic, neurophysiological, and neuroendocrine considerations by Dr. Vaillancourt

List of the other videos that you may want to watch on your own time (I italicized a few that I think you all should definitely watch, though they would ALL be great to watch and learn about):

**Substance use:**
*Evidence-Based Interventions for Adolescents with Substance Use Problems by Dr. Winters*

**Misc:**
*Solving the Quiet Crisis in Youth Services: Utilizing Measurement Feedback Systems by Dr. Bickman*

*Engaging Urban Families in Child Mental Health Care: What Does the Evidence Suggest? By Dr. McKay*

**Abuse:** Evidence-Based Interventions for Child Physical Abuse and Family Conflict By Dr. Kolko

**Adherence:** Evidence Based Interventions for Pediatric Medical Treatment Adherence by Dr. Rapoff

**Aggression/Behavior Problems:** Evidence-based School-based Violence and Prevention Programs by Dr. Lochman

**Autism Spectrum Disorders:** Evidence-Based Practices for Children with Autism Spectrum Disorders by Dr. Smith

**Bipolar Spectrum Disorders:** Evidence-Based Practices for Bipolar Spectrum Disorders in Youth by Dr. Fristad
Learning:
Evidence-Based Reading Intervention Research in K-12 by Dr. Foorman

Evidence-Based Instructional Strategies for Promoting the Development of Early Language and Literacy Skills for Children At-Risk by Dr. Lonigan

Schooling and Mental Health: What Works Best? By Dr. Atkins

Problems with Eating:
Evidence-Based Treatment for Adolescents with Anorexia and Bulimia by Dr. Le Grange

Evidence Based Psychosocial Interventions for Pediatric Obesity by Dr. Janicke

*also a Tourette’s one by Dr. Woods