



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

746



Who We Are

With locations in Boston, Waltham, and telehealth capacities, CET is an outpatient behavioral health clinic at the Baker Center for Children and Families dedicated to providing the highest quality treatment services to children and families in the greater Boston area and beyond.

CET is licensed by the Department of Public Health.



Schedule a Visit Today

(617) 278-4288
cet@bakercenter.org
bakercenter.org/cet

About The Baker Center for Children and Families

An affiliate of Harvard Medical School, The Baker Center is a nationally recognized mental health organization dedicated to improving the quality of mental health care for children, families, and caregivers. Originally named Judge Baker Children's Center, in honor of Harvey Humphrey Baker, the first judge appointed to the Boston Juvenile Court, the Center opened in 1917 and serves children and families of Greater Boston and the MetroWest region.

The Baker Center is dedicated to improving the lives of children and families by bridging the gap between science and practice to improve access to the highest quality care in community-based settings.



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

For more information, please contact:

Center for Effective Therapy

(617) 278-4288 | cet@bakercenter.org

Get started today by calling now!

Boston

53 Parker Hill Avenue
Boston, MA 02120
Phone: (617) 278-4288

Waltham

746 South Street, Second Floor
Waltham, MA 02453
Phone: (617) 278-5300



HARVARD MEDICAL SCHOOL
AFFILIATE

bakercenter.org | @bakercntr    

Center for Effective Therapy

Evidence-based treatments and mental health interventions for children and families

Is your child struggling?
We can help.



THE BAKER CENTER
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Improving care. Changing lives.

Do you feel like you're walking on eggshells around your child?

Are you worried about your child's worries?

Have you tried to get your child help, but nothing seems to be working?

Never worry alone, CET can help!

How We Help

CET uses short-term, skills-based treatments that teach you and your child skills to address challenging problems and get your child back to doing the things they enjoy! Our clinicians work to fully understand the challenges your child and family are facing and then make an individualized plan to most effectively and efficiently treat your specific needs.



"We were treated with kindness, never felt judged, and always felt supported and empowered."

-Parent Testimonial



Do any of these issues describe your child?

Aggression	Poor emotional regulation
Difficulty following directions	Pulling out hair/brows & skin picking
Fears & phobias	Refusal to speak
Frequent meltdowns or tantrums	School refusal
Impulsive, hyperactive	Sleep problems
Oppositional, argumentative	Social problems
Perfectionism	Things have to be a certain way
Performance anxiety	Toileting problems

The Center for Effective Therapy treats these issues & more.

We support families with problems like anxiety, depression, behavior problems, trauma, and much, much more and have a track record of being able to help people who have previously struggled to make gains in therapy.

Conditions we treat:

ADHD	Obsessive Compulsive Disorder
Anxiety/panic	Tourette's Disorder
Depression	and more!
Fears & Phobias	
Trauma	



Starting Treatment

Visit [bakercenter.org/cet](https://www.bakercenter.org/cet) to schedule a phone call at a time that's convenient for you. Our program assistants will answer your questions and schedule an assessment for your child. A comprehensive diagnostic assessment is the cornerstone of customized and effective care. We learn about presenting problems so we can make recommendations that will best support your child's healthy growth and development.

Payment & Insurance

We accept Blue Cross Blue Shield and Tufts Public insurance. For private pay families, we offer a sliding scale that can help make treatment more affordable. For private pay families who may be eligible for out-of-network insurance reimbursement, we can provide the necessary documentation. In addition, some families may be eligible for financial assistance made possible by generous donors.

Our Mission

To promote the best possible mental health of children by using scientifically proven procedures in the assessment and treatment of children and families of diverse communities.

Our Goal

To help children and families learn skills to promote good mental health, develop strong relationships and prevent future problems.