



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

Improving care. Changing lives.

Center for Effective Therapy

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

Is your child struggling?
We can help.

The Center for Effective Therapy (CET) at The Baker Center for Children and Families provides effective, evidence-based treatments for children ages 2-22 with anxiety, depression, trauma, and/or behavior problems.

Many children and families who have not had successful treatment experiences in the past find success at CET.

- Children gain the skills they need to navigate and overcome their current challenges and stressors.
- Parents learn to support their child's new skills and create a positive, reinforcing home environment.
- Families master skills that help them face future challenges with confidence and resiliency.

How are we different?

- Treatments are goal-focused and collaborative; both children and parents have a voice in creating goals.
- Treatments are action-oriented; skills are practiced in-session and at home to gain mastery.
- Child and parent goals are continuously monitored and adjusted in response to treatment progress.
- Treatments are evidence-based; they are shorter and more efficient.



Help your child and family address problems related to anxiety, depression, trauma, disruptive behavior, and parenting.

To schedule a phone screen online, please visit bakercenter.org/cet

For more information, call (617) 278-4288 or email cet@bakercenter.org



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.

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.

For more information, please contact:

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