

Thank you for your interest!

in the Center for Effective Therapy at the Baker Center for Children and Families!

Did you know that not all psychotherapy interventions have been shown to be effective? Approaches and treatments that are talk-based and insight oriented can create a useful space to unwind and share about your week, but they haven't been proven to change or improve challenging thoughts, behaviors, and feelings. The evidence-based interventions that we use have been shown to work.

When you go to any kind of doctor, you want your treatments to be based in science so that you can feel confident that they will adequately resolve your symptoms. At CET, we only provide care that we know will be effective.



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We pride our clinic on providing the highest quality of mental health care services for children and families in our community. We achieve a high standard of care at our Center that sets us apart from other providers in a few ways.



We provide a gold-standard diagnostic assessment as a part of our intake process.

A thorough, data-driven diagnostic assessment is a key part of identifying your child's needs and the treatment that will best support them. Our diagnostic reports serve as important documentation that you can use to communicate with your child's pediatrician, psychiatrist, school staff, and other providers about their needs in all areas of their lives.



Treatment services are all founded evidence-based practices, which means that we know they work.

An evidence-based treatment is one that many years of research studies, and real-life clinical practice, has found to be concretely effective at reducing symptoms for clients. This means that you can expect results within a shorter period of time than you might expect with other providers. Engaging with evidence-based treatments decreases the likelihood that your child and family will need ongoing therapy services in the future. Our main focus is to teach your child and your family skills that you can use outside of treatment to better your lives. We want to help you succeed without us!



We actively monitor progress throughout treatment to make sure our approach is working for YOU!

We know for a fact that our evidence-based treatments are proven to work. We also know that every family and child is different. Throughout services, we will ask for your ongoing feedback in the form of surveys about your child's symptoms. This will help our team adjust our treatments and make sure that they are working for your family. With our data monitoring, you can even see the graphed results of your treatment progress for yourself!



We believe in coordination of care between your providers to best support you and your child.

Our clinicians can provide care coordination and consultation with teachers, school staff, pediatricians, psychiatrists, and other providers when clinically appropriate. Your clinician can be a useful member of your care team who can communicate with others what your child may need to succeed.