



**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

**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 learn skills that help them face future challenges with confidence and resiliency.

### Commonly Treated Problems

- Anxiety
- Depression
- ADHD
- Trauma
- School Refusal
- Selective Mutism
- Trichotillomania
- Behavior Problems

### Evidence Based Interventions Used

- MATCH-ADTC
- PCIT
- CBT
- TF-CBT
- ERP

### How are we different?

- We utilize only **evidence based treatments**, resulting in shorter and more efficient courses of treatment.
- We provide thorough **diagnostic assessments** that help us develop individualized and concrete recommendations for treatment.
- We utilize **weekly progress monitoring data** to inform treatment.
- We offer **coordination of care** with pediatricians and other providers.

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



To schedule a phone screen online, please visit [bakercenter.org/cet](https://bakercenter.org/cet) or scan the QR code

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



## Payment & Insurance

We accept **Blue Cross Blue Shield, Tufts Health Public Plans, Tufts Commercial, and Harvard Pilgrim** 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.

## 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:

**Center for Effective Therapy**

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FOR CHILDREN AND FAMILIES

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**HARVARD MEDICAL SCHOOL**  
**AFFILIATE**

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