



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

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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, adolescents, and young adults 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 at bakercenter.org/cet

Boston



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Waltham

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HARVARD MEDICAL SCHOOL
AFFILIATE

bakercenter.org | [@bakercntr](https://twitter.com/bakercntr)    

Center for Effective Therapy

Helping Children, Adolescents,
and Young Adults Using Clinically
Proven Treatments



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

Improving care. Changing lives.



Schedule a
Visit Today

Do you feel anxious in social situations or have a hard time with public speaking?

Do you have a hard time focusing and organizing your time?

Do you have specific fears or phobias that are getting in the way of enjoying your life?

Are you feeling sad, lonely, or feeling like you don't belong?

Never struggle alone, CET can help!

How We Help

CET uses **short-term, skills-based treatments** that teach you skills to address symptoms impacting your daily life and ability to do the things you enjoy. Our clinicians work to fully understand what you're experiencing and then make an **individualized plan** to most effectively and efficiently treat your specific needs.

"My life has changed dramatically since starting at CET. Before, I found myself always feeling sad and like I couldn't make it out of that bubble. Now, I'm actually able to feel enjoyment again. This couldn't have happened without CET."

-Client Testimonial



Are you struggling with any of these issues?

- Social anxiety
- Feelings of loneliness
- Perfectionism
- Difficulty completing schoolwork and assignments
- Difficulty speaking in public
- Difficulty managing past stressors and traumatic experiences
- Fears and phobias
- Things having to be a certain way
- Performance anxiety
- Body focused repetitive behaviors, such as excessive hair pulling or skin picking

The Center for Effective Therapy treats these issues & more.

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

Conditions we treat:

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



Starting Treatment

1. Visit **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 you.
2. During the assessment, we learn about presenting problems so we can make treatment recommendations that will best support your individual needs and goals.

Payment & Insurance

- We accept **Blue Cross Blue Shield, Tufts Health Public Plans, Tufts Commercial, and Harvard Pilgrim** insurance.
- For private pay clients who may be eligible for out-of-network insurance reimbursement, we can provide the necessary documentation.

Our Mission

To promote the best possible mental health of children, adolescents, and young adults by using scientifically proven procedures in the assessment of individuals in diverse communities.

Our Goal

To help children, adolescents, and young adults learn skills to promote good mental health, maintain strong relationships, and prevent future problems.