

Parent Talk

MAY 2025

Evidence-Based Treatments

Many caregivers may have heard the term “evidence-based treatments” (also known as EBTs or evidence-based practices) and wondered what that meant. The Baker Center’s clinical programs such as our outpatient clinic, special education school, and summer camp, all use EBTs to provide care. But what exactly does that mean and how does that impact the quality of treatment clients receive? Read on to find out!



What Are Evidence-Based Treatments?

An evidence-based treatment (EBT) is a treatment that science has found to be concretely effective at reducing symptoms for specific conditions. Treatments may be studied alone or sometimes in comparison to other therapies, medication, or both. The more times scientists find that a treatment works, and the more times it works as well as or better than other treatments, the more we can count on it to address a problem. In other words, if there’s solid scientific proof that a particular treatment works in reducing symptoms for a lot of children, then we can say it is “evidence-based.”

Below are some examples of evidence-based practices that we use to treat children and families at our clinic!

The Modular Approach to Therapy for Children (MATCH)

MATCH is an evidence-based treatment designed for multiple disorders, rather than focusing on a single disorder. Therapists trained in this approach can treat over 70% of typical symptoms. MATCH is composed of 33 modules that are flexible enough to tailor treatment toward each child’s specific needs.

Age Range: 6 to 17 years old

Can be used to treat: Any combination of anxiety, depression, trauma, and disruptive conduct.



Parent-Child Interaction Therapy (PCIT)

PCIT is a training program that works with caregivers to enhance parenting techniques for use with their children. It typically lasts about 12-20 weeks. The main goals of PCIT are to reduce parental stress, help manage anger in children, and to help them boost self-esteem and confidence while improving the quality of caregiver-child relationships.

Age Range: 2 to 7 years old

Can be used to treat: Emotional and behavioral problems (anger, defiance, etc.)



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is the most well-supported and effective treatment for children impacted by trauma and traumatic stress. This program is structured and short-term, typically lasting 12-25 sessions.

Age Range: 3 to 22 years old

Can be used to treat: Trauma, fears, phobias, anxiety, depression, PTSD



Behavioral Parent Training (BPT)

BPT is a program that helps caregivers learn ways to manage and improve their child’s behavior. Using selective attention, BPT helps caregivers learn how to increase positive behaviors using one-on-one time and praise while also reducing challenging behaviors using a consistent, predictable, and structured approach.

Age Range: 3 to 13 years old

Can be used to treat: ADHD, disruptive behaviors, anxiety, depression, traumatic stress




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Featured Resources



The Importance and Effectiveness of Parent-Based Interventions

In this seminar, we discuss the role that parents play in child and adolescent mental health care, parent-based approaches to treatment, and how they function to help your child succeed!

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Client Spotlight: Behavioral Parent Training In Action

This is an interview with a real client at [the Center for Effective Therapy](#) who utilized Behavioral Parent Training to support their child who was struggling with big emotions and how to control his feelings.

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Why Do Mental Health Experts Recommend Parent-Based Interventions?

Parenting a child with greater social, emotional, or behavioral needs can be draining for caregivers, as these kids often need more support or create bigger challenges for the family throughout the day. Parent-based interventions can help resolve some of these issues.

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