Center for Effective Child Therapy
Evidence-based treatments and mental health interventions for children and families

Is your child struggling?
We can help.

SCHEDULE A VISIT TODAY
Call: (617) 278-4288
Email: cect@jbcc.harvard.edu
Visit: jbcc.harvard.edu/cect

Who We Are
CECT is a nonprofit treatment center of Judge Baker Children's Center providing services to the greater Boston area and beyond.

CECT is licensed by the Department of Public Health.

About Judge Baker Children's Center
Judge Baker Children's Center improves the quality of children's mental health care by translating research into programs and services that change lives.

For over 100 years, Judge Baker has been instrumental in creating a continuum of care that supports children's healthy development at the policy, systems, and practice levels. Our research, direct programs and services, training, and advocacy make Judge Baker a preeminent voice and active resource on issues of children's mental health.

For more information:

Nancy K. Gajee, Ph.D.
Director of Outpatient Clinical Services
Phone: (617) 278-4288
E-mail: ngajee@jbcc.harvard.edu

Robert P. Franks, Ph.D.
President/CEO, Judge Baker Children's Center
Phone: (617) 278-4275
E-mail: rfranks@jbcc.harvard.edu

Judge Baker Children's Center
53 Parker Hill Avenue, Boston, MA 02120
Phone: (617) 232-8390
jbcc.harvard.edu
Starting Treatment
Visit jbcc.harvard.edu/cect to schedule a phone call at a time that's convenient for you. Our intake coordinator will answer your questions and schedule an assessment for your child. Following this assessment, you will receive comprehensive feedback and treatment recommendations.

Funding
We accept Blue Cross Blue Shield 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.

Our Mission
To promote the best possible mental health of children by using scientifically proven procedures in the assessment and treatment of children and families of diverse communities.

Our Goal
To help children and families learn skills to promote good mental health, develop strong relationships and prevent future problems.

The Center for Effective Child Therapy (CECT) can help.

We help children and families using state-of-the-art, clinically proven therapies for anxiety, depression, ADHD, trauma, problem behaviors and more.

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

Do any of the issues below describe your child?

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<table>
<thead>
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<tbody>
<tr>
<td>ADHD</td>
<td>Performance anxiety</td>
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<tr>
<td>Aggression</td>
<td>Poor emotion regulation</td>
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<tr>
<td>Anxiety, panic</td>
<td>Pulling out hair/brows &amp; skin picking</td>
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<tr>
<td>Depression</td>
<td>Refusal to speak</td>
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<tr>
<td>Difficulty following directions</td>
<td>School refusal</td>
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<tr>
<td>Fears &amp; phobias</td>
<td>Sleep problems</td>
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<td>Frequent meltdowns or tantrums</td>
<td>Social problems</td>
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<td>Impulsive, hyperactive</td>
<td>Things have to be a certain way</td>
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<tr>
<td>Obsessive Compulsive Disorder</td>
<td>Toileting problems</td>
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<td>Oppositional, argues</td>
<td>Tourette's Disorder</td>
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<tr>
<td>Perfectionism</td>
<td>Trauma</td>
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CECT treats these issues & more.

CECT uses evidence-based treatments which work in about 20 sessions for most clients.

Your therapist works with you and your child to create treatment goals. Together, you, your child and therapist track progress every session.

Before you leave treatment, we make sure you and your child have skills to prevent future problems.

“We were treated with kindness, never felt judged, and always felt supported and empowered.”
~parent testimonial