



## **Child and Adolescent CBT**

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*Track Supervisor*

### **Nature of Setting and Population Served**

This clinic provides training in evidence-based, cognitive-behavioral treatments for adolescents (ages 5-18). Modalities primarily include individual and group therapy.

### **Direct/Indirect Services**

This practicum focuses on evidence-based treatments for children and teenagers with suicidal and self-harm behaviors, severe emotion dysregulation, mood disorders, and anxiety disorders. Treatments emphasize CBT approaches for depression and anxiety disorders in youth ages 5-18. Practicum experiences also address the high degree of co-morbidity of disorders typically seen in these youth, as well as adapting treatment approaches for use with community populations. Externs typically carry a caseload of 4-6 individual patients. They also conduct clinic screenings, assessments, and intakes.

### **Supervision and Training**

Trainees will receive one hour per week of individual supervision. Primary supervision is provided by licensed clinical psychologists or postdoctoral fellows. The extern must attend a mandatory day-long training in DBT at the beginning of the year. Opportunities for other seminars and courses are available.

### **Required Days**

Externs are required to be on-site Mondays and Thursdays, for 8 hours each day. Externs may also be required to complete readings, presentations, reports, and notes outside of externship hours.

### **Additional information**

Students applying for this position should have had previous psychotherapy experience. Completion of a course and/or experience in CBT is preferable.