Many youth suffer from excessive worry or fear, but never receive treatment. In fact, it is often very difficult to obtain services for such youth. Unfortunately, the tendency to become overly anxious in stressful situations can be a lifelong problem and can lead to additional problems unless it is treated.

Parents are involved in the child’s program. Parent meetings are scheduled to discuss questions and concerns and to receive parental input. We view parents as collaborators in the treatment process.

Fees are on a sliding scale based on combined annual income and number of dependents. Depending on the availability of research projects, treatment may be offered free of charge for eligible children.

Clinic Staff

The Child and Adolescent Anxiety Disorders Clinic is under the direction of

Philip C. Kendall, PhD, ABPP

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Elizabeth Gosch, Ph.D., ABPP
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Kendra Read, M.A.
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Heather Makover, B.A.
Elana Kagan, B.A.
Erika Crawford, B.A.

For more information, contact us at
215-204-7165
or visit our website:
www.childanxiety.org
**About**

We use a comprehensive approach to treat anxiety in children. Our staff is currently conducting research and providing services using cognitive-behavioral therapy for anxious youth. Results to date have been very promising.

The clinic is staffed by licensed Ph.D. clinical psychologists and advanced doctoral graduate students in clinical psychology.

Our central location is in Philadelphia, Pennsylvania, on the main campus of Temple University. If you are in the Delaware Valley area and believe your child or teen could benefit from our services, you may reach us at 215-204-7165.

**Qualifications**

**What type of youth are right for this treatment?**

Youth age 7-17 in the Delaware Valley area who suffer from a variety of types of excessive anxiety that interferes with academic or social activity.

**How can I tell whether a child or teen is anxious?**

Children/teens with anxiety typically exhibit at least two of these symptoms:

- Physical symptoms (headache, stomachaches, muscle tension, etc.)
- Avoidance of a variety of situations
- Perfectionism, self-consciousness, or lack of self-confidence
- Difficulty in social/performance settings, attending school, or separating from a caregiver
- Excessive worry or concern about future and past events

**Treatment**

**What does treatment consist of?**

Treatment will likely consist of the following:

- Education about anxiety and its experience
- Relaxation techniques
- Problem-solving
- Self-evaluation
- Consideration of anxious thinking
- Opportunities to be exposed to (face) challenging situations

**What we require**

- Because we evaluate our treatment efforts, we require completion of a comprehensive assessment. The assessment involves an interview with the youth and parent(s), task performance, and completion of questionnaires.
- Agreement for the completion of the assessments by all participants both before and after treatment