

**The Early Life Stress and Pediatric Anxiety (ELSPAP) Clinic**

Welcome! At the Early Life Stress and Pediatric Anxiety Program (ELSPAP) Outpatient Clinic we are committed to providing your child and family **cutting edge, scientifically supported care**. As part of this commitment, we are a **training clinic** within a teaching hospital, dedicated to training future mental health care professionals and conducting **innovative research** aimed at better diagnosing and treating anxiety and related disorders. Understanding the critical role of **prevention** and **early intervention** in the lives of children who struggle with stress, anxiety and trauma, guides our treatment, policy and education efforts.

We offer **specialized clinical services** and programs for youth **ages 2-18**, experiencing difficulty with anxiety, trauma, specific fears, shyness, selective mutism, panic, and other related disorders, such as obsessive-compulsive disorders, trichotillomania, tics and Tourette’s syndrome. Our comprehensive services will provide your family with a thorough evaluation of your child, and the most current and effective treatments for your child’s difficulties. Treatments may involve psychotherapy, including individual, group and family therapy, medication management, and adjunctive services such as, parent coaching and collaboration with your child’s school.

Our staff specializes in the cognitive-behavioral treatment of anxiety disorders and we utilize a range of therapeutic interventions to meet the needs of your child and family. Evidence-based clinical services are provided by licensed clinical psychologists and board-certified psychiatrists, advanced psychiatry fellows and postdoctoral psychology fellows, and advanced psychology doctoral students who work under the supervision of our faculty.

**Obtaining Help for your Child**

**For Clinical Services:**

To inquire about our services or to be added to our waiting list, please contact:

**Intake Team**/**Bercel Baluyot**

Phone: 650-723-5511 (follow prompts “Intake Staff”)

**For Research Opportunities:**

To inquire about our comprehensive evaluation program and other opportunities for research involvement, please contact:

Dr. Lindsay Trent, PhD

Phone: (650) 498-8272

Email: [lrtrent@stanford.edu](mailto:lrtrent@stanford.edu)

**For Additional Questions or Concerns:**

Elizabeth Reichert, PhD

Clinic Director

Phone: (650) 723-2735

**OUR PROGRAMS**

**Comprehensive Evaluations**

**Comprehensive Diagnostic Evaluation:**

Understanding your child's diagnosis and available treatment options is an important first step in your ability to confidently make the best choice for your child and your family. All child and adolescent patients receive a comprehensive intake assessment before they begin treatment. As part of this process, one of our clinicians will meet with your family to perform a diagnostic evaluation, which includes clinical interviews with you and your child and may also include the completion of questionnaires. Our goal is to help you understand your child's behavior and specific difficulties, including any relevant diagnoses, and to provide you with recommendations for the most appropriate treatment plan to meet your family's needs.

Following the diagnostic evaluation, the clinician will conduct a feedback session, during which potential patients and their parents are offered the following:

* Clear identification and conceptualization of mental health concerns and factors that may be contributing to stress and impairment
* Treatment recommendations based on the best, scientifically sound interventions

If we are able to provide the recommended treatment services within our clinic, we will schedule your child with our next available clinician. If we are unable to provide the recommended services, then we will provide you with referrals within the community. You may also have the option of being added to our waiting list.

*At this time, we cannot guarantee the provision of treatment services within our clinic.*

**Second Opinion Consultation**:

If your child was previously evaluated, or currently involved in treatment elsewhere, our team is available to provide a second opinion regarding diagnoses and treatment recommendations. As a part of this process, we will perform an assessment, including clinical interviews with you and your child and review available records. We will then determine if additional observations or assessments are warranted to establish a clear diagnosis and treatment plan. Our goal is to provide clarity regarding your child’s diagnosis and treatment planning, while remaining sensitive to your family’s goals and needs. With your permission, we can communicate our recommendations with your child’s current provider(s). We will also assist with providing referral recommendations if necessary.

**Treatment**

**Individual Psychotherapy Treatment**

Our psychosocial treatments are based on cognitive-behavioral principles and involve several key components, including teaching patients and parents about the nature, consequences and maintaining factors associated with anxiety and related problems, how to **manage symptoms** and **cope with challenges**, and **build skills** to improve daily functioning and overall quality of life.

**Cognitive behavior therapy (CBT)** and behavior therapy are **time limited treatment** approaches (typically 4-6 months) that have been found by research to be the most effective and **first line of treatment** for most childhood anxiety problems. **We provide treatment for up to 6 months.** Since each child and their needs are different, additional services beyond what we typically offer may be indicated. This will be discussed with you and when necessary, we will assist with connecting you/your child to a community provider.

CBT and behavior therapy encompass a wide range of treatments and we select specific interventions to use with our patients based on their unique symptoms and needs. The types of treatments we most commonly use include:

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| * Cognitive-behavior therapy/behavior therapy (CBT) * Exposure and Response prevention (ERP) * Habit Reversal Training (HRT) and Stimulus Control * Mindfulness and Acceptance-Based Treatments * Trauma Focused CBT (TF-CBT) | * Cue-Centered Therapy (CCT) for Youth Experiencing Posttraumatic Symptoms * Comprehensive Behavioral Intervention for Tics (CBIT) * Behavioral Parent Training (PMT) |

For some patients, treatment of anxiety also involves medication. Our clinic is pleased to provide **psychopharmacological consultation and treatment** services as an adjunct to therapy services to children and families for whom non psychopharmacological treatments have been ineffective or inappropriate. Our child psychiatrists can provide consultations, as well as ongoing medication treatment services, often as an adjunct to psychotherapy.

**Group Psychotherapy Treatment**

We offer a series of **group therapy** programs throughout the year. Groups may include: OCD Group for Children; CBT Group for Parents of Anxious Children; CBT Group for Kids; CBT group for Socially Anxious Teens. Please call our clinic to inquire about current group availability.

**Specialty Programs**

*Trauma and Related Disorders Program*

*Obsessive Compulsive and Related Disorders Program*

*Parent Training Program*

*Young Child Program*

**Young Child Psychotherapy Treatment**

Our team includes clinicians specializing in the assessment and treatment of **young children (age 0-6)** and we offer specialized programs for those struggling with emotional and behavioral difficulties, including anxiety, depression and/or loss due to illness, incapacitation or death of family members, or other forms of disruption, and/or disruptive behaviors. In addition, we treat children who have been exposed to a wide variety of traumas, including trauma of invasive or recurrent medical treatments.

Young children may show withdrawing or disruptive behaviors and emotional difficulties due to a variety of causes. We offer **comprehensive evaluations** to understand young children’s symptoms and tailor treatment recommendations to that deeper understanding.

Young children often need **different approaches from those appropriate for older children** who are more advanced in their thinking and language skills. Young children often need play techniques incorporated into both assessment and treatment. Frequently, parents or other caregivers are active participants or observers within sessions.

Our team includes clinicians specializing in:

* **Individual or parent-child therapy**: We incorporate structured and child directed techniques from **play therapy**, **CBT Play Therapy** and **trauma focused therapies**. We engage young children in the exploration of their experiences and understanding of their world as well as using techniques and strategies to build their ability to **cope with feelings** and to **change behaviors** as needed. We work directly to improve **parent and child engagement** and relationships to empower parents to help their children.
* **Parent Child Interaction Therapy (PCIT):** PCIT is a **dyadic behavioral intervention** for young children and their parents or caregivers that has been found by research to be **one of the most effective in treating young child behavior problems** and can also be a powerful tool in reducing early childhood **anxiety**. PCIT focuses on improving the quality of the parent-child **relationship**, decreasing child **behavior** problems and increasing **social skills** and cooperation. Parents are taught traditional **play-therapy skills** to use as social reinforcers of positive child behavior, and **behavior management skills** to decrease negative behaviors. Parents are taught and practice these skills with their child each week in session with **live coaching** from the therapist which enables parents in learning the skills in real time with their child. PCIT is **time-limited** (approx. 12-15 sessions); families remain in treatment until they have mastered the skills and behavioral difficulties have reduced.
  + **PCIT-for Traumatized Children (PCIT-TC):** PCIT has also been found to be an effective intervention for young children who have been exposed to trauma. Using the principles explained above, PCIT-TC treats children’s trauma symptoms through the enhancement of the parent-child attachment relationship, stress reduction, and building effective behavioral management skills to target challenging behaviors and build resilience.

**Participation in Research**

**Comprehensive Anxiety Evaluations**

As part of our effort to provide state-of-the-art care, comprehensive anxiety evaluations are also offered through our research program. Through our baseline evaluations, ongoing outcome assessment, and tangible feedback reports, families can benefit from greater access to quality services. If you are interested, please contact our research team directly, or inform our intake staff when calling to inquiring about services. **If interested, please contact Dr. Lindsay Trent (see contact info above).**

A member of our research team will meet with your family to perform an assessment, which includes a semi-structured diagnostic interview and a series of questionnaires. This evaluation provides you with detailed information (in a report provided to you) regarding the specifics of your child’s anxiety and treatment recommendations that can be useful for professionals when developing an individualized treatment plan. We encourage you to share this report with your child’s treatment provider to help facilitate treatment planning. Ongoing follow up evaluations will also be conducted at predetermined intervals.



**The Early Life Stress and Pediatric Anxiety (ELSPAP) Clinic**

**TREATMENT OVERVIEW AND POLICIES**

Our goal is to provide the highest quality care to our patients and their families. Treatment for childhood anxiety and related disorders is often present-focused, and involves helping patients understand the nature of their symptoms, what is maintaining them, and helpful tools for how to break out of unhelpful symptom patterns. Cognitive strategies involve teaching children how to examine and challenge unhelpful thought patterns (i.e., thoughts that lead to feelings of anxiety, worry, or panic) and learn how to think about situations and stressful events in more helpful ways. Behavioral strategies involve helping children change unhelpful behavior patterns that can maintain problems over time (i.e., avoidance behaviors, compulsions/rituals, repetitive behaviors, unhelpful coping strategies). Relaxation strategies are also part of many treatments for anxiety and can be very effective for helping children manage physical symptoms of anxiety (i.e., rapid heart rate or breathing, chronic muscle tension). The role of parents and guardians in their child's treatment is essential. Families play a critical role, helping to reinforce needed coping skills in the moment when their child’s anxiety is highest and providing important sources of support.

Our typical approach to treatment includes: 1) Assessment, 2) Feedback and Treatment planning, 3) Treatment, and 4) Ongoing monitoring of symptoms and treatment progress

Our treatment approaches are often time limited and focus on teaching children and their families how to become their own therapists so that they can successfully manage symptoms independently over time. As a result, our treatment approaches are very active and typically involve clients practicing skills learning in treatment between therapy sessions to maximize generalization of these skills to daily life.

*Psychopharmacological Treatment Policy:*

Our goal in providing this service is to help children and families learn about psychopharmacological treatments and ideally achieve stabilization on a psychopharmacological treatment regimen. Upon treatment stabilization, our goal is to transition children and adolescents to primary care or other providers in the community so that we can help as many families as possible within our tertiary care setting sub specialty setting.

Thank you for allowing us the privilege of serving your family in a time limited way. We appreciate your understanding of the finite resources available and the need to serve the community with subspecialty expertise when most needed for families.

**Confidentiality**

Confidentiality means that any information that you or your child shares with a therapist during the course of treatment will not be shared with others. This helps to promote a trusting relationship between you, your child, and your child’s therapist. However, there are important exceptions to confidentiality, namely when it conflicts with the therapist’s duty to warn or duty to protect others. If your child reports suicidal or homicidal ideation, or if your child reveals that he/she is being abused, then the therapist is legally bound to report this information. We assure you that if your child reports any information to us that we believe is in a parent’s best interest to know, we will pass that information along to you. Legally, parents are privy to all information pertaining to their child’s treatment. If you have any questions for the therapist or Director, please call us. We like to keep the lines of communication open.

**Attendance Policy**

Our mission is to help every child achieve his or her treatment goal(s) and we aim to provide appointments on a day and time that is convenient your family. In order to maximize the benefits of therapy and assist your child in meeting treatment goals, consistent attendance for all scheduled appointments is essential. Frequent cancellations, missed appointments, or late arrivals, jeopardize treatment and the therapeutic relationship, and disrupt therapy schedules that impact both you and other patients. It also places considerable burden on the clinician’s schedule and our ability to offer appointments at times that are convenient for you.

We ask that you provide us with at least 24 hours notice when you must cancel an appointment so that we might make that time available to others who are waiting. R**epeated missed appointments or late cancellations (less than 24 hours notice) may adversely affect your access to care. After two no shows, your care will be transferred to another provider within the community. Your provider will discuss this with you.**

We want to provide you with available appointments so you may receive the continuity of care you need. However, we understand that on some occasions, missed appointments are simply unavoidable. We hope that this policy provides you with greater availability of appointments with the flexibility to reschedule in a reasonable timeframe. All questions about this policy can be discussed with your provider or the Clinic Director.

**For cancellations, please call: 650-723-5511 option 1**

I have read and understand the above policy:

Patient/Parent/GuardianSignature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient Name: (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MR# \_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_