

REACHing Kids

The REACH Institute Alumni Newsletter

"REACH offered a safe environment to learn and share in. It was, and continues to be, a supportive, invigorating process! It was motivating and has increased my confidence in assessment, diagnosis of mental health cases in my day to day life & practice." – Dayna Leavens, 2014 PPP alumna

"There was excellent presentation of evidence-based treatment recommendations for children's most common mental health problems. The various screening tools presented will really help make diagnosis of children's mental health problems more accurate." – Elizabeth Sugden, 2014 PPP alumna

REGISTER FOR 2015 REACH PROGRAMS

REACH will offer a Primary Pediatric Psychopharmacology (PPP) Mini-Fellowship January 23-25 in Miami. It will be held at the Mailman Center for Child Development at the University of Miami Miller School of Medicine. Please share [our course information](#) and [registration form](#) with your colleagues and networks.

REACH will offer a Child and Adolescent Training in Evidence-Based Psychotherapies (CATIE) Program in early 2015. CBT for Anxiety will take place February 15-16 in Buffalo, NY. Please email lisa@thereachinstitute.org for more information.

DONATE TO REACH!

REACH hopes that our Child/Adolescent Training in Evidence-Based Psychotherapies (CATIE) and Primary Pediatric Psychopharmacology (PPP) programs have allowed you to take better care of your patients with mental health conditions. Please consider making a donation to REACH today. Your gift will allow us to provide critically needed training services to providers at the lowest cost possible, and will help REACH to advance its vital mission. You can make your tax-deductible donation [securely online](#).

REACH IN APA'S PSYCHIATRIC NEWS

Since 2010, the Child and Adolescent Psychiatry for Primary Care (CAP-PC) initiative trained 475 New York state primary care physicians using REACH's Mini-Fellowship program. [Click here](#) to read the American Psychiatric Association's Psychiatric News article, which includes comments from Peter Jensen, REACH's founder.

REACH US ON SOCIAL MEDIA!

How has a REACH course changed your practice? Share your story with us on social media. [Like our Facebook page](#), [follow us on Twitter](#), or join our [PPP LinkedIn group](#). You'll connect with fellow alumni and get program updates.

What are the key components of cognitive-behavioral therapy (CBT)?

Read an [article](#) by REACH's Executive Director to find out.



Contact Us

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SAY REACH!



REACH was in Calgary, Alberta to train clinicians in primary pediatric psychopharmacology. Katrina Nicholson is an alumna of REACH's May Calgary program. She met her CME call leaders Suzanne Reiss, Geraldine Farrelly, and Abdul Rahman at our faculty dinner. From left to right: Suzanne Reiss, Katrina Nicholson, Sam Chang, Abdul Rahman, and Geraldine Farrelly.

IS MY PATIENT GETTING CBT?

Finding an experienced cognitive-behavioral therapist to refer children with mental health concerns is often a challenge for primary care practitioners. Many therapists say they use cognitive-behavioral therapy (CBT), but how do you really know?

Having a clear understanding of CBT helps. At its core, CBT focuses on the connections between thoughts, behaviors, and feelings. By facilitating change in thinking and behavior patterns, CBT therapists

help clients change the negative feelings that brought them to therapy. CBT is a present-focus, goal-oriented, short-term, and collaborative therapeutic approach. Homework that helps clients practice in the real world what they learned in session is integral to CBT.

Asking your child patients and their parents what they do with their therapists is one way of determining if a child is actually receiving CBT. There are key components of CBT for different child mental health disorders. For example, helping an anxious child gradually face his fear by exposing him to feared objects or situations is a critical part of CBT for anxiety. Helping depressed children increase their pleasurable activities and challenge negative thoughts are essential components of CBT for depression. If a therapist is not using these strategies for the treatment of childhood anxiety or depression, they are probably not using CBT.

For a list of CBT therapists in your area go to the [Find a CBT Therapist](#) section on the website of the Association for Behavioral and Cognitive Therapies (ABCT).

Through its Child and Adolescent Training in Evidence-Based Psychotherapies (CATIE) Program, REACH helps mental health clinicians develop and improve their skills in the use of CBT for childhood anxiety, depression, disruptive behavior, and/or trauma. If you are in an area with few CBT therapists, consider sharing [information about CATIE](#). The next CATIE training on CBT for Anxiety will be held February 15-16 in Buffalo, NY.

– Lisa Hunter Romanelli, Ph.D.