

Meet our Stress and Anxiety Specialists

Bernadette Evans-Smith, PhD, Clinical Director and Licensed Clinical Psychologist

Dr. Evans-Smith has over twenty years experience as a clinical child and adolescent psychologist. She specializes in the assessment and treatment of anxiety and mood disorders, especially for those children who struggle with social-emotional learning deficits. She has extensive experience using CBT, mindfulness, stress reduction methods, and hypnotherapy, and works closely with families and schools, as needed. Her research includes efficacy assessment of treatments for children with social-emotional learning problems, including anxiety and mood management.

Andrea Victor, PhD, Licensed Clinical Psychologist

Dr. Victor has an extensive background in clinical child psychology. Dr. Victor specializes in conducting cognitive-behavioral therapy (CBT) with children and adolescents to treat anxiety and mood disorders ranging from phobias to OCD. Dr. Victor's primary research interests include assessment and treatment of childhood anxiety disorders. She is the author/co-author of peer-reviewed journal articles and textbook chapters pertaining to the description and treatment of children with anxiety disorders.

Rachel Tercek, PhD, Licensed Clinical Psychologist

Dr. Tercek specializes in using cognitive-behavioral therapy (CBT) to treat a wide range of anxiety and mood disorders. Dr. Tercek utilizes exposure and response prevention techniques along with cognitive strategies to improve children and adolescents' functioning across a variety of domains (e.g., academic, social, work). Areas of special interest include: Obsessive Compulsive Disorder, Social Phobia, and Generalized Anxiety Disorder.

Anne Howard, PhD, Licensed Clinical Psychologist

Dr. Howard specializes in cognitive-behavioral therapy and has extensive training in evidence-based interventions for anxiety-based disorders and stress management. She specializes in assessing and treating children and adolescents with school-based difficulties (including school refusal, social anxiety and test anxiety), and also treats trauma-based stress and anxiety.

Through the treatment of stress and anxiety disorders, children can be more free, confident, and capable.

Contact Us

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www.RNBC.org

The RNBC Stress and Anxiety Clinic

*Building capable and confident children, teens,
and young adults*




RUSH NEUROBEHAVIORAL CENTER
Building on the strengths of children, teens, and young adults

What does RNBC's Stress and Anxiety Clinic offer?

Assessments

RNBC is known for its thorough, thoughtful, and personalized assessments and follow-up support.

A RNBC Stress and Anxiety assessment includes:

1. A parent and child interview with a RNBC Stress and Anxiety specialist
2. Review of records
3. Brief interview with physician, teacher, and other professionals
4. Specialized assessment designed to identify the nature of the child's anxiety and mood.
5. Feedback session with clinician's findings, impressions, and recommendations
6. A written report with recommendations and prospective treatment goals.


Therapy

Our Stress and Anxiety specialists are trained in some of the most effective and proven therapy techniques. We specialize in Cognitive Behavioral Therapy (CBT) and other stress management techniques.

CBT techniques can teach a child strategies to:

- Identify irrational fears
- Gain control of their feelings and actions
- Change behaviors and thoughts that impede their functioning
- Manage stress effectively

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Mission

The mission of the Stress and Anxiety Clinic is to serve the medical, psychological, and educational needs of children, teens, and young adults through state-of-the-art, evidence-based treatment of anxiety-related and mood disorders.



Stress and Anxiety Signs & Symptoms

- Excessive worrying
- Excessive fear or phobias
- Obsessive-compulsive tendencies
- Panic attacks
- History of trauma
- Difficulty focusing in school
- Sleep difficulties

Our Stress and Anxiety specialists are trained to help children, teens, and young adults free themselves from the fears and worries that have come to interfere with school, friendships, family, or activities.