

ANDREA G. BATTON, LCPC
The Maryland Anxiety Center
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SUMMARY OF QUALIFICATIONS

Licensed Clinical Professional Counselor and Board Certified Supervisor specializing in the treatment of anxiety and obsessive-compulsive & related disorders with expertise in training new clinicians, graduate and undergraduate interns

EDUCATION

Post Graduate Studies in Counseling (12 credits) Johns Hopkins University, Baltimore, Maryland	December 2007
Master of Science in Counseling Johns Hopkins University, Baltimore, Maryland	May 2006
Master of Arts in Legal and Ethical Studies University of Baltimore, Baltimore, MD	May 2000
Bachelor of Science in Pre-Law Villa Julie College, Stevenson, Maryland	December 1991
Associate in Arts in Paralegal Studies Villa Julie College, Stevenson, Maryland	May 1985

PROFESSIONAL EXPERIENCE

Director & Practicing Clinician The Maryland Anxiety Center Towson, Maryland	February 2015- Present
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- Specialize in the treatment of anxiety & related disorders from a cognitive behavioral perspective including comprehensive psychological assessments & diagnostic evaluations
- Supervise, train and mentor clinicians and students regarding professional development, evidenced-based treatment protocols and the nature of anxiety and related disorders
- Provide individual, in vivo, group and intensive therapy for anxiety disorders, OCD & OC spectrum disorders such as body dysmorphic disorder, hoarding disorder, Tourette syndrome, trichotillomania & excoriation (skin picking) Participate in on-

going professional development, continuing education, and advanced professional trainings

- Promote awareness & education about anxiety & related disorders to professionals, students, sufferers, family members, friends, loved ones & the general public
- Active in regular peer case consultations, career development, advanced continuing education, case collaboration & networking with professional colleagues

**Board Approved Supervisor
State of Maryland**

May 2016

- Maryland State Board of Professional Counselors and Therapists approved supervisor in the practice of clinical professional counseling
- Provide clinical and professional supervision and training for Licensed Graduate Professional Counselors and graduate level interns in the State of Maryland

**Clinical Associate
CBT Solutions of Baltimore
Lutherville, Maryland**

**February 2011-
February 2015**

- Provided individual, in vivo, group and intensive therapy at private group practice specializing in the treatment of anxiety and OC spectrum disorders from a cognitive behavioral perspective
- Provided education regarding anxiety disorders and OC spectrum disorders
- Participated in on-going professional development and advanced trainings in the areas of anxiety, OC spectrum and related disorders
- Designed and implemented group treatment programs
- Provided supervision and participated in weekly case consultations

**Post-Graduate Fellow
The Behavior Therapy Center of Greater
Washington (BTC), Silver Spring, Maryland**

**September 2008-
February 2011**

- Provided individual, in vivo, group and intensive therapy at nationally recognized private group practice specializing in the treatment of anxiety disorders from a cognitive behavioral perspective
- Specialized in the treatment of OCD and hoarding disorder
- Participated in education of hoarding disorder
- Participated in weekly continuing education opportunities to learn cognitive behavioral principles and techniques for a variety of clinical disorders
- Attended weekly individual and group supervision sessions
- Attended weekly staff meetings and case consultations to discuss and review complex and challenging cases
- Participated in on-going professional development and training
- Provided continuing education presentations for clinicians and staff

**Key Point Health Services,
Dundalk, Maryland**

**August 2005-
April 2006**

- Provided individual and group psychotherapy at the Outpatient Mental Health Center as part of graduate program at Johns Hopkins University
- Managed a caseload of 10-12 patients with chronic mental illness
- Performed psychosocial assessments, crisis management, risk assessments, treatment planning, progress notes and authorization requests
- Co-led psychotherapy group for patients attending Key Point's residential and psychiatric rehabilitation programs
- Participated in interdisciplinary team meetings with psychiatric rehabilitation and residential counselors to review patient progress
- Attended weekly individual and group supervision meetings to review and discuss cases
- Attended weekly staff meetings to discuss administrative procedures and issues
- Attended psychiatric team meetings to discuss difficult cases
- Collaborated with psychiatrist to monitor medication effects

PROFESSIONAL AFFILIATIONS

**American Counseling Association (ACA)
Anxiety and Depression Association of America (ADAA)
Association for Behavioral and Cognitive Therapies (ABCT)
Board member International OCD Foundation's Mid-Atlantic Affiliate
International OCD Foundation (IOCDF)
International Society for Traumatic Stress Studies (ISTSS)
Licensed Clinical Professional Counselors of Maryland (LCPCM)
Tourette Syndrome Association
Trichotillomania Learning Center**

PROFESSIONAL DEVELOPMENT

Clinical Treatment Options, Expert Panels Conference Served on professional panel to review & provide expert feedback regarding clinical content for the website of the Substance Abuse & Mental Health Services Administration (SAMHSA), branch of the United States Department of Health & Human Services.	2016
Licensed Clinical Professional Counselors of Maryland Completed 3-day intensive supervision training program for Approved Supervisor certification in the state of Maryland	2016
Association for Behavioral & Cognitive Therapies Attended annual conference	2009, 2013, 2014

IOCDF Advanced Behavior Therapy Training Institute (ABTI) Attended advanced training program regarding the treatment of hoarding disorder	2013
Advanced Behavior Therapy Institute (ABTI) Attended advanced training program addressing the treatment of body dysmorphic disorder	2011
Trichotillomania Learning Center Virtual Professional Training Institute Completed a DVD training in the treatment of body-focused repetitive behaviors	2011
Continuing Education at BTC Attended regular in-house APA & ACA approved continuing education presentations	September 2008- February 2011
International OCD Foundation Annual Conference (IOCDF) Monitor and attend annual conferences	2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015,` 2016 & 2018
World Congress for Behavioral and Cognitive Therapies Attended intensive training workshops for the treatment of OCD, BDD and emotional disorders	2010
IOCDF Advanced Behavior Therapy Institute (ABTI) Attended training program addressing the use of Acceptance and Commitment Therapy (ACT) in the treatment of OCD	2009
IOCDF Advanced Behavior Therapy Institute (ABTI) Attended training program addressing the need for “Completeness” in the treatment of OCD	2008
Anxiety Disorders Association of America National Conference Monitored & attended seminars and workshops at annual conference	1997, 2010, 2011, 2012, 2013, 2014, 2015 & 2018
Behavior Therapy Institute (BTI) Graduate Attended and graduated from 3-day intensive training program in state-of-the-art CBT for OCD and OC spectrum disorders	2008

PRESENTATIONS and EVENTS

- I'm More Than My OCD: Putting Things Into Perspective** **July 2018**
Presentation at IOCDF's annual conference for OCD sufferers regarding identity and stigma
- Panic Disorder** **May 2018**
Presentation for medical and psychiatric professionals on the nature & treatment of panic disorder
- Understanding the Nature of Anxiety & Obsessive-Compulsive & Related Disorders** **April 2018**
Presentation for Baltimore County's Department of Aging Staff Day
- Who Should I Treat? Specialization vs. Generalization in Clinical Practice** **April 2018**
Expert on three-person webinar panel offered through ADAA regarding the importance of clinical specialization vs. generalization and how to achieve competency
- OCD Capital Walk** **October 2017**
Planned, organized and sponsored IOCDF and OCD Mid-Atlantic's first annual walk on the National Mall to raise awareness and advocacy for the OCD & related disorders community
- OCD Mid-Atlantic Fundraiser** **October 2017**
Planned and organized event at six Chipotle restaurants to raise funds for and to advocate for OCD awareness
- OCD Mid-Atlantic: OCD Awareness: Presentations Followed by Q&A with Local Experts** **September 2017**
Presented on common OCD themes as part of OCD Mid-Atlantic event with panel of OCD experts
- Obsessive-Compulsive Disorder** **May 2017**
Presentation for medical & psychiatric professionals on the nature & treatment of obsessive-compulsive disorder
- OCD Mid-Atlantic: Understanding OCD: An Evening of Presentations and Break-Out Groups** **March 2017**
Presented on contamination OCD theme as part of panel of OCD experts

<p>Managing Anxiety Problems in Youth: Interventions for School Professionals</p> <p>Presentation and workshop for school counselors, school psychologists and other school personnel</p>	<p>March 2017</p>
<p>Understanding the Nature and Treatment of Anxiety Disorders</p> <p>Psychoeducational presentation at Johns Hopkins University for graduate level honor society students</p>	<p>November 2016</p>
<p>Anxiety Problems in Youth</p> <p>Psychoeducational presentation regarding the nature and treatment of anxiety disorders in youth for parents, counselors and teachers at local elementary school</p>	<p>October 2016</p>
<p>Anxiety Problems in Youth: Understanding the Nature & Consequences of Anxiety & Making a Difference</p> <p>Series of psychoeducational presentations for parents, teachers, school counselors & psychology students regarding the nature & consequences of anxiety problems in youth</p>	<p>September 2016</p>
<p>Life Interrupted: Understanding the Nature of Anxiety & Related Disorders</p> <p>Psychoeducational presentation regarding the nature of anxiety, OC spectrum disorders, tic disorders & body focused repetitive behaviors</p>	<p>July 2016</p>
<p>OCD Mid-Atlantic: OCD & the Family: Breakout Sessions with Experts</p> <p>Hosted and presented on OCD and comorbidity as part of an OCD Mid-Atlantic event for sufferers, family & mental health professionals</p>	<p>March 2016</p>
<p>Anxiety Disorders in Youth</p> <p>Completed two continuing education presentations for Baltimore County school counselors on the nature and treatment of anxiety disorders in youth</p>	<p>January 2016</p>
<p>Hoarding Disorder</p> <p>Presentation for medical & psychiatric professionals on the nature & treatment of hoarding disorder</p>	<p>August 2015</p>
<p>Anxiety Problems in Youth</p> <p>Presentation for educators and parents at Wright Academics regarding anxiety disorders, perfectionism and test anxiety in youth</p>	<p>May 2015</p>

- Is Your Patient Treatment Resistant or is it You?
What to Do When Your Patient Doesn't
Respond to Treatment Specific Protocols
for Anxiety & Related Disorders** **April 2015**
Continuing education presentation for professional clinicians at ADAA Annual Conference regarding incorporating techniques & skills from non-traditional CBT protocols for optimal treatment gains
- OCD Mid-Atlantic: An Evening with the Experts** **June 2014**
Emcee for event intended for sufferers, family, professionals, students & those interested in better understanding OCD
- Underneath it All: On the Nature & Treatment
Hoarding Disorder** **April 2013**
Presentation designed to communicate information on the nature & treatment of hoarding disorder
- Anxiety Disorders in Youth** **June 2011**
Continuing education presentation for Baltimore County school counselors at BCPS Summer Academy
- A Unified Protocol for Transdiagnostic Treatment
of Emotional Disorders** **October 2010**
APA approved continuing education presentation for clinicians at BTC

ARTICLES

- The Nature of Anxiety** **Spring 2011**
**The Behavior Therapy Center of Greater
Washington Quarterly**
- Book Review: *Buried in Treasures*** **Fall 2010**
**The Behavior Therapy Center of Greater
Washington Quarterly**

MEDIA

- When Your Period Brings on Anxiety Attacks** **January 2018**
Quoted as expert in article about easing angst during panic attacks

**Different Types of Anxiety Disorders:
How Are They Classified?**

May 2017

Quoted as expert in article on TalkSpace.com
about anxiety disorders

<https://www.talkspace.com/blog/2017/05/different-types-anxiety-disorders-classified/>

**Here's How To Tackle Your Next Gyno Visit,
If Appointments Trigger Your Anxiety**

May 2017

Quoted as expert in article on HelloFlo.com
regarding the importance of evidence-based
therapeutic interventions

<http://helloflo.com/how-to-go-to-the-doctor-when-youre-afraid-of-doctors/>

Competency and Specialization

March 2017

Profile in the American Counseling Association's
monthly magazine, *Counseling Today*

**Television & Print Interview; Valcourt, D. Local Woman
Shares Her Past As A Hoarder With WJZ (CBS Affiliate).**

February 2012

<http://baltimore.cbslocal.com/2012/02/27/local-woman-shares-with-wjz-her-past-as-a-hoarder/>