

**ANDREA G. BATTON, LCPC**  
**The Maryland Anxiety Center**  
**1122 Kenilworth Drive, Suite 211**  
**Towson, Maryland 21204**  
**Phone: 443-921-2929**  
**Fax: 443-921-2919**  
[www.marylandanxietycenter.com](http://www.marylandanxietycenter.com)

### **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**

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

### **PROFESSIONAL EXPERIENCE**

<b>Director &amp; Practicing Clinician</b> <b>The Maryland Anxiety Center</b> <b>Towson, Maryland</b> <ul style="list-style-type: none"><li>• Specialize in the treatment of anxiety &amp; related disorders from a cognitive behavioral perspective including comprehensive psychological assessments &amp; diagnostic evaluations</li><li>• Supervise, train and mentor clinicians and students regarding professional development, evidenced-based treatment protocols and the nature of anxiety and related disorders</li><li>• Provide individual, in vivo, group and intensive therapy for anxiety disorders, OCD &amp; OC spectrum disorders such as body dysmorphic disorder, hoarding disorder, Tourette syndrome, trichotillomania &amp; excoriation (skin picking) Participate in on-</li></ul>	<b>February 2015- Present</b>
--	-----------------------------------

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

**Psychotherapist/Intern  
August**

**Key Point Health Services,**

**August 2005-**

**Dundalk, Maryland****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****Cultivating Mindfulness & Self-Compassion in Acceptance  
& Commitment Therapy****2021**

Completed 3 hour webinar training on utilizing mindfulness & ACT techniques to achieve therapeutic change

**Achieving Change with Difficult Clients****2021**

Completed 3 hour webinar training on treatment  
Interfering behaviors and utilizing techniques to increase  
motivation and treatment engagement with patients who  
non-compliant and/or resistant

**Licensed Clinical Professional Counselors of Maryland****2021**

Completed advanced supervision training program for  
Maryland Board Approved Supervisors

**IOCDF Advanced Behavior Therapy Training Institute****2018**

Attended 3 day intensive training program regarding the treatment of OCD and related disorders

**Clinical Treatment Options, Expert Panels Conference**

**2016**

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.

**Licensed Clinical Professional Counselors of Maryland**

**2016**

Completed 3-day intensive supervision training program for Approved Supervisor certification in the state of Maryland

**Association for Behavioral & Cognitive Therapies**

**2009, 2013,  
2014**

Attended annual conference

**IOCDF Advanced Behavior Therapy Training Institute (ABTI)**

**2013**

Attended advanced training program regarding the treatment of hoarding disorder

**Advanced Behavior Therapy Institute (ABTI)**

**2011**

Attended advanced training program addressing the treatment of body dysmorphic disorder

**Trichotillomania Learning Center Virtual  
Professional Training Institute**

**2011**

Completed a DVD training in the treatment of body-focused repetitive behaviors

**Continuing Education at BTC**

**September 2008-  
February 2011**

Attended regular in-house APA & ACA approved continuing education presentations

**International OCD Foundation Annual Conference (IOCDF)**

**2008, 2009,  
2010, 2011,  
2012, 2013,  
2014, 2015,`  
2016, 2018  
2019, 2020  
2021**

Monitor and/or attend annual conferences

**World Congress for Behavioral  
and Cognitive Therapies**

**2010**

Attended intensive training workshops for the treatment of OCD, BDD and emotional disorders

**IOCDF Advanced Behavior Therapy Institute (ABTI) 2009**

Attended training program addressing the use of Acceptance and Commitment Therapy (ACT) in the treatment of OCD

**IOCDF Advanced Behavior Therapy Institute (ABTI) 2008**

Attended training program addressing the need for "Completeness" in the treatment of OCD

**Anxiety Disorders Association of America National Conference 1997, 2010, 2011, 2012, 2013, 2014, 2015, 2018 & 2019, 2021**

Monitored & attended seminars and workshops at annual conference

**Behavior Therapy Institute (BTI) Graduate 2008**

Attended and graduated from 3-day intensive training program in state-of-the-art CBT for OCD and OC spectrum disorders

**PRESENTATIONS and EVENTS**

**Maryland CE Institute: *Treating Anxiety and Obsessive-Compulsive & Related Disorders* September 2021**

Developed 12 hour continuing education training program and presented for clinicians to earn certification as *Certified Clinical Anxiety Treatment Professionals (CCATP)*

**So You Want to Specialize in the Treatment of Anxiety, OCD and Related Disorders? Career Paths and Processes for Specialization in Anxiety March 2021**

Presentation at annual ADAA conference for clinicians and early career professionals on the different strategies, opportunities, and processes in developing expertise in clinical careers with anxiety and related disorders.

**Anxiety & Obsessive-Compulsive Related Disorders: Comorbidity & Differentiation October 2020**

Presentation for professional counselors on gold-standard evidenced-based treatments, comorbidity & differentiation at LCPM 2020 Fall Zoom Conference

**Fighting the Common Enemy: How Parents and Teens July 2019**

<p><b>Can form a Strong Alliance to Beat OCD</b> Presentation for teens and parents at international OCD conference</p>	
<p><b>Anxiety &amp; Stress in the Workplace</b> Presentation for employees of large corporation regarding anxiety and stress in the work environment</p>	<p><b>May 2019</b></p>
<p><b>I'm More Than My OCD: Putting Things In Perspective</b> Presentation at IOCDF's annual conference for OCD sufferers regarding identity and stigma</p>	<p><b>July 2018</b></p>
<p><b>Panic Disorder</b> Presentation for medical and psychiatric professionals on the nature &amp; treatment of panic disorder</p>	<p><b>May 2018</b></p>
<p><b>Understanding the Nature of Anxiety &amp; Obsessive-Compulsive &amp; Related Disorders</b> Presentation for Baltimore County's Department of Aging Staff Day</p>	<p><b>April 2018</b></p>
<p><b>Who Should I Treat? Specialization vs. Generalization in Clinical Practice</b> Expert on three-person webinar panel offered through ADAA regarding the importance of clinical specialization vs. generalization and how to achieve competency</p>	<p><b>April 2018</b></p>
<p><b>OCD Capital Walk</b> 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 &amp; related disorders community</p>	<p><b>October 2017</b></p>
<p><b>OCD Mid-Atlantic Fundraiser</b> Planned and organized event at six Chipotle restaurants to raise funds for and to advocate for OCD awareness</p>	<p><b>October 2017</b></p>
<p><b>OCD Mid-Atlantic: OCD Awareness: Presentations Followed by Q&amp;A with Local Experts</b> Presented on common OCD themes as part of OCD Mid-Atlantic event with panel of OCD experts</p>	<p><b>September 2017</b></p>
<p><b>Obsessive-Compulsive Disorder</b> Presentation for medical &amp; psychiatric professionals on the nature &amp; treatment of obsessive-compulsive disorder</p>	<p><b>May 2017</b></p>
<p><b>OCD Mid-Atlantic: Understanding OCD: An Evening of Presentations and Break-Out Groups</b></p>	<p><b>March 2017</b></p>

Presented on contamination OCD theme  
as part of panel of OCD experts

**Managing Anxiety Problems in Youth:**

**March 2017**

**Interventions for School Professionals**

Presentation a workshop for school counselors, school  
psychologists and other school personnel

**Understanding the Nature and Treatment of  
Anxiety Disorders**

**November 2016**

Psychoeducational presentation at Johns Hopkins University  
for graduate level honor society students

**Anxiety Problems in Youth**

**October 2016**

Psychoeducational presentation regarding the nature and  
treatment of anxiety disorders in youth for parents, counselors  
and teachers at local elementary school

**Anxiety Problems in Youth: Understanding the Nature  
& Consequences of Anxiety & Making a Difference**

**September 2016**

Series of psychoeducational presentations for parents,  
teachers, school counselors & psychology students regarding  
the nature & consequences of anxiety problems in youth

**Life Interrupted: Understanding the Nature of  
Anxiety & Related Disorders**

**July 2016**

Psychoeducational presentation regarding the nature of  
anxiety, OC spectrum disorders,  
tic disorders & body focused repetitive behaviors

**OCD Mid-Atlantic: OCD & the Family: Breakout  
Sessions with Experts**

**March 2016**

Hosted and presented on OCD and comorbidity as part of  
an OCD Mid-Atlantic event for sufferers, family & mental health  
professionals

**Anxiety Disorders in Youth**

**January 2016**

Completed two continuing education presentations for  
Baltimore County school counselors on the nature and treatment  
of anxiety disorders in youth

**Hoarding Disorder**

**August 2015**

Presentation for medical & psychiatric professionals  
on the nature & treatment of hoarding disorder

**Anxiety Problems in Youth**

**May 2015**

Presentation for educators and parents at Wright Academics  
regarding anxiety disorders, perfectionism and test anxiety

in youth

**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**

**Understanding and Responding to Intense Emotions  
During COVID-19**

**May 2020**

The Maryland Anxiety Center Blog Article

**Managing Anxiety, OCD and Related Disorders**

**April 2020**

The Maryland Anxiety Center Blog Article

**Anxiety and Fear During COVID-19**

**April 2020**

The Maryland Anxiety Center Blog Article

**Is Everyone Looking at Me? Overcoming Social Anxiety  
Disorder with CBT**

**Spring 2019**

The Maryland Anxiety Center Blog Article

**Selfie Awareness: The Implications of Appearance Related**

**January 2019**



**Photo Activities on Mood and Body Image**  
The Maryland Anxiety Center Blog Article  
**The Nature of Anxiety**  
The Behavior Therapy Center of Greater  
Washington Quarterly  
Spring 2011

**Book Review: *Buried in Treasures***  
The Behavior Therapy Center of Greater  
Washington Quarterly  
Fall 2010

### **MEDIA**

**How to Deal with COVID Related Stress**  
<https://www.baltimoremagazine.com/section/covid19/how-to-cope-with-covid-related-stress/>  
July 2020

**Television & Print Interview: Ashley Hinson.**  
**Selfies: Is the Digital Currency Making**  
**Us Depressed?**  
<https://www.wbalv.com/article/selfies-is-the-digital-currency-making-us-depressed/25225195#>  
November 2019

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

**Different Types of Anxiety Disorders:**  
**How Are They Classified?**  
Quoted as expert in article on TalkSpace.com  
about anxiety disorders  
<https://www.talkspace.com/blog/2017/05/different-types-anxiety-disorders-classified/>  
May 2017

**Here's How To Tackle Your Next Gyno Visit,**  
**If Appointments Trigger Your Anxiety**  
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/>  
May 2017

**Competency and Specialization**  
Profile in the American Counseling Association's  
monthly magazine, *Counseling Today*  
March 2017

**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/>