**EVA “ANNIKA” BACKSTROM, LGPC**

abackstrom@marylandanxietycenter.com

**EDUCATION**

**Loyola University Maryland** Baltimore, MD

Master of Science in Clinical Psychology, GPA 3.917 Graduated September 2017

**Malmo University** Malmo, Sweden

Bachelor of Education in Child and Youth Education Graduated January 2002

**CLINICAL EXPERIENCE**

**Gifts LLC Psychological Services** Owings Mills, MD

Extern: September 2016-May 2017

* Utilized psychological assessments with children and adults to include cognitive and social-emotional evaluations and decided on individualized battery’s based on clients’ needs.
* Administered clinical intake interviews.
* Administered, scored, and interpreted assessment results including Wechsler Intelligence tests (WPPSI-IV, WISC-V, WAIS-IV), Roberts Apperception Test, Thematic Apperceptions Test, Projective drawing (House-Tree-Person, Draw-a-Person), Sentence Completion, Behavioral Assessment System for Children – 3rd Edition ( BASC Parent Report, Teacher Report, Self-Report, Self-Report: Interview), Conners-3 (Parent Report, Teacher Report), Becks Depression Index-II, Symptoms Checklist-90- Revised, Millon Clinical Multiaxial Inventory - Third Edition (MCMI-III), Beery-Buktencia Developmental Test of Visual-Motor Integration.
* Created individualized reports based on collected client data.
* Diagnosed and suggested recommendations for home, work or social setting.
* Contacted clients or caregivers to facilitate intake interviews and test administration.
* Attended feedback session with client.
* Contacted client’s teacher and other professionals when necessary.
* Submitted online authorization for insurance approval (Value Option/Beacon Health).
* Received professional individual and group supervision.

Supervisor: Dr. Morakinyo, PhD.

**John Hopkins Bayview Medical Center Preschool Clinical Programs** Baltimore, MD

Extern: September 2016-May 2017

* Conducted family and group treatment sessions in the Therapeutic Learning Center Preschool Intensive Outpatient Program (IOP) utilizing behavioral modification techniques.
* Observed and stabilized children’s emotional behaviors.
* Utilized Epic System for electronical medical record keeping.
* Wrote daily progress notes to document child’s day and treatment.
* Created and implemented child treatment plans and treatment plan reviews.
* Facilitated intake interviews with clients.
* Entered data for Child Behavioral Checklist List for statistical data.
* Led parents’ group to discuss how to improve child’s and family’s well-being.
* Prepared and led family group activities that included a family tree, life skills, and emotions.
* Coordinated care with third party providers as needed.
* Participated in individual and group supervision as well as clinical treatment team meetings.

Supervisor: Shelley Perlin, LCSW-C.

**Various Preschool Class es** Malmo, Sweden

Intern:

* Age 5 preschool class May 2001
* Special preschool program for immigrants November 2000
* Mixed age group daycare class, ages one to five. October 1999

**WORK EXPERIENCE**

**Clinical Associate (LGPC)** Towson, MD

Maryland Anxiety Center February 2024- Current

* Specializes in treatment of anxiety, OCD and related disorders.

**Psychotherapist / Licensed Graduate Professional Counselor (LGPC)** Columbia, MD

Innovative Psychiatry LLCNovember 2021-February 2024

* Worked mainly with adult population struggling with depression, anxiety, and relationship difficulties.
* Utilized modalities such as CBT and DBT -informed therapy based on client need.
* Completed intakes, progress notes, therapy plans and other necessary tasks.
* Used Valant System for electronical medical record keeping.
* Offered therapy virtually and in-person.

**Private Child Care Provider:** Washington D.C and MD Various families April 2002-June 2014

* Cared for children ages 4 months to 9 years old, single child, infant twins, and up to 3 siblings.

**Preschool Teacher:** Malmö, Sweden

Blaklintens PreschoolJanuary 2002-February 2002

* Worked with a multicultural population, while preparing my move to the USA.

**Childcare Worker:** Malmö, Sweden

SDF Centrum March 2001-Decemeber 2001

* Substitute teacher at different preschool centers working with children ages one to six.

**CERTIFICATION**

Licensed Graduate Professional Counselor Maryland Since June 2018

1-2-3 Magic Certified Trainer 1/20/2020

**CONTINUING EDUCATION UNITS**

* 2024 Online BDD Conference 316/20224
* Psychotherapy Networker Symposium: 2023, 2024
* 2-Day Anxiety Course: Integrate CBT and Exposure & response Prevention

for Treatment of GAD, Panic Disorder, Social Anxiety, & Phobias 2/16-2/17/2023

* 2-Day Intensive Training: Mindfulness Certification Course 11/08-09/2022
* A Primer to Adlerian Psychology and Working with Families of Teens 04/22/2022
* Rewire the Anxious Brain: Neuroscience-Informed Treatment of Anxiety,

Panic, and Worry 02/22/2022

* Facing Todays Challenges for Youth and Families 10/29/2021
* Oppositional, Defiant & Disruptive Children and Adolescents: Non-

Medication Approaches to the Most Challenging Behaviors 10/28/2020

* Anxiety, Obsessive-Compulsive & Related Disorders 10/23/2020
* 1-2-3 Magic, 3-step Discipline for Calm, Effective & Happy Parenting 01/20/2020
* CBT Toolbox for Children and Adolescents 11/07/2019
* Treating the Traumatized Child and Family: 7 Essential Assessment

and Treatment Techniques 11/05/2019

* Ethics with Minors for Maryland Health Professionals, How to

Navigate the Most Challenging Issues 10/08/2019

* Level I: Bridging the Couple Chasm by the Gottman Relationship

Institute 05/24/2019

* You Don’t Have to be a Sex Therapist to Talk About Sex 04/12/2019

**ADDITIONAL TRAINING**

Intensive OCD and Specific Phobia Training, 3 contact hours 06/28/2022

**LANGUAGE SKILLS**

Fluent in Swedish and English, some knowledge in Finnish, German, and Spanish.