Targeted Behavioral Treatment (TBT) is a new intervention developed at SACK that helps children between 6-12 years old who struggle with anxiety.

Even modest amounts of sleep loss can result in increases in moodiness, problems with inattention and anxiety the next day. For children with anxiety disorders, ongoing sleep problems are common and can further interfere with the success of behavioral treatments.

Targeted Behavioral Therapy (TBT), a new treatment developed by researchers at SACK, is the first treatment to specifically target symptoms of both anxiety and sleep problems in children. In a recent study, TBT was shown to reduce both anxiety and sleep problems in anxious children 7 to 12 years of age.

We are currently recruiting children between 6-12 years old who struggle with worry/anxiety for a behavioral treatment study of TBT. Please contact Michelle Clementi by phone (713-743-4124) or email (mclementi@uh.edu) for more information.

Checkout our recent publication for TBT!

Katharine Reynolds, B.A.
Ph.D. Student in Clinical Psychology

Katharine (Katie) is a third year doctoral student in the clinical psychology program. She graduated from Vassar College in 2009 with a B.A. in psychology. At SACK, Katie is involved in implementing empirically-supported treatments and has been involved with coordinating several different research projects. Katie is also a Fellow in the LoneStar Leadership Education in Autism and Neurodevelopmental Disabilities program and provides therapeutic intervention to adolescents at the Harris County Psychiatric Center.