### Directory Information

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<thead>
<tr>
<th>I/C Name:</th>
<th>Child and Family Psychosocial Research Center</th>
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<tbody>
<tr>
<td>I/C Code:</td>
<td>80.0240</td>
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<tr>
<td>University:</td>
<td>FIU</td>
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<td>I/C Type:</td>
<td>2</td>
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<tr>
<td>I/C Director:</td>
<td>Wendy K. Silverman, Ph.D. Director</td>
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<tr>
<td>Discipline(s)</td>
<td>42</td>
</tr>
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<td>(2-Digit CIPs):</td>
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<tr>
<td>I/C Address:</td>
<td>Florida International University</td>
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<tr>
<td></td>
<td>Department of Psychology</td>
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<tr>
<td></td>
<td>Miami, FL 33199</td>
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<tr>
<td>I/C Telephone:</td>
<td>305 348-1937</td>
</tr>
<tr>
<td>I/C E-Mail Address:</td>
<td><a href="mailto:silverw@fiu.edu">silverw@fiu.edu</a></td>
</tr>
<tr>
<td>I/C SUNCOM:</td>
<td>441-1937</td>
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<tr>
<td>I/C Web Site Address:</td>
<td><a href="http://fiu.edu/~capp">http://fiu.edu/~capp</a></td>
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<tr>
<td>I/C FAX:</td>
<td>305 348-1939</td>
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<tr>
<td>Affiliated Universities:</td>
<td>(AFFILIATES)</td>
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### Mission and Areas of Focus

**Mission Statement:**
The CFPRC is a knowledge development research center that specializes in the development and evaluation of knowledge concerning child and family psychosocial treatment and prevention interventions. The Center's knowledge development efforts have specifically focused on how to design and implement efficacious treatment interventions for reducing distress in children and adolescents (and their families) caused for excessive fear and anxiety. The primary goal of the Child and Family Psychosocial Research Center is to use the knowledge garnered from its research activities to develop effective treatment methods that alleviate the distress and suffering that internalizing problems present to youth and their families. Toward this end, the focus of the Center's work is on developing, implementing, and evaluating effective methods for the prevention, assessment, and treatment of internalizing problems.

**Key Terms:**
- Child Anxiety
- Fears
- Child Phobias
- Child Problems
- Behavioral Treatment
- Behavioral Assessment
The Child and Family Psychosocial Research Center (CFPRC) is a knowledge development research center that specializes in the development and evaluation of knowledge concerning child and family psychosocial treatment and prevention interventions. The Center's knowledge development efforts have specifically focused on how to design and implement efficacious treatment interventions for reducing distress in children and adolescents (and their families) caused by excessive fear and anxiety. In this knowledge domain, CFPRC aims to extend current understanding of the nature and origins of emotional problems in youth (referred to as "internalizing" problems, i.e., anxiety, phobias, depression, posttraumatic stress disorders and so on). Internalizing problems are viewed as being one of the most, if not the most, prevalent psychiatric among our country's youth. Unfortunately, however, these problems are not well understood and have been insufficiently emphasized among researchers. As a result, mental health professionals typically use untested treatment procedures in their work with youngsters who display these problems—treatments that usually do not "work." Thus, the primary goal of the Child and Family Psychosocial Research Center is to use the knowledge garnered from its research activities to develop effective treatment methods that will alleviate the distress and suffering that internalizing problems present to youth and their families. Toward this end, the focus of the Center's work is on the developing, implementing, and evaluating effective methods for the prevention, assessment, and treatment of internalizing problems.

B. ORGANIZATION, EXTERNAL TRENDS AND STRATEGIC DIRECTIONS

1. Organizational Issues

As a research center, the organizational structure of the faculty and staff of CFPRC reflects its mission:

**Director**  --  (Dr. Wendy Silverman) is responsible for the overall planning, implementation and supervision of all aspects of the clinical and research activities of the Center throughout the year as well as for the fiscal and administrative management of the Center. The Director also is responsible for the clinical and research supervision of the post-doctoral research fellow and all the graduate and undergraduate students, as well as dissertation activities.

**Associate Director**  --  (Dr. William M. Kurtines) is responsible for the planning and supervision of the research activities of the Center throughout the year. The Associate Director also is responsible for the procedures and format for data collection, coding, entry, and analytic strategies. Additional responsibilities include knowledge dissemination and assistance in the Center’s fiscal management.

**Clinic Coordinator**  --  (Dr. Steven Berman) Dr. Steven Berman is responsible for the clinical activities of the Center. Specifically, Dr. Berman is responsible for assessing the children that come through the clinic as well as coordinating the treatment of cases. In addition, Dr. Berman is responsible for all aspects of the day-to-day clinical and research activities of the Center, including those undergraduate and graduate assistants. Dr. Berman is a Ph.D. from the developmental psychology program of FIU.
2. Advisory Board Members
   N/A

External Trends

The external trends that have had the most influence on the Center have been (and will continue to be over the next five years) the diminishing availability of external sources of funding and the increased competition for the limited funds that are available. We plan to address this challenge by utilizing more effectively our current funding to provide not only support for our ongoing research activities, but also to bootstrap our efforts to obtain future additional funding.

Strategic Directions and Areas of Emphasis

Although the clinical research literature has begun to reflect the advances that have taken place in developing a knowledge base underlying the treatment of youth with anxiety and/or phobic disorders, much remains to be done in the development of practical as well as conceptual knowledge. The challenge for the Center is to continue to extend the advances that have been made.

C. ANNUAL AND LONG RANGE GOALS

University Goal II. To Promote Research and Creative Activities Which Contribute to the Scientific and Technological Foundations of the 21st Century;

Long Range Goal 1:

Our long term goal is to become a nationally and internationally recognized center for the development of knowledge concerning child and family psychosocial treatment and prevention interventions. Intermediate goals include creating an organizational infrastructure at the Center that will provide a focus for scholarly and research activities and actively pursuing the means (e.g. external funding, internal collaborative arrangement within and between disciplines, community involvement, etc.) for the actual conduct of psychosocial research with children and families.

Measurable Outcome:

1999-2000 Objective 1A:

A grant application was submitted to NIMH on June 1, 1995, entitled "Parent-Child Dyadic Therapy for Anxious/Phobic Youth," was funded for a total of $299,556 in direct costs and $413,387 in total costs beginning May 1, 1997. The years 1997-99 were used for training staff, developing and finalizing procedures, recruiting participants, and intervention implementation. The objective was to use these years to collect three waves of data, refine further the procedures and methods, and train additional graduate assistant to implement the project.

1999-2000 Outcome: 1A

We trained additional graduate assistant in implementing the project, completed three waves of data collection, and refined further the procedures and methods.
New 2000-01 Objective: 1A

The objective for 2000-01 is to complete the final waves of follow-up data collection, analyze the data, and prepare scientific articles and other publication disseminating the knowledge generated by the project.

Long Range Goal 2:

Measurable Outcome:

1999-2000 Objective 2A:

To prepare a scientific article describing the results of a Center study, an NIMH funded randomized clinical trials, (Group Psychosocial Therapy with Phobic/Anxious Children, Amount $322,033.00), group treatment study using a wait list control condition and submit it for publication in a first tier refereed journal in the field.

1999-2000 Outcome: 2A

The basic outcome results from this study were published in the *Journal of Consulting and Clinical Psychology*, the top journal in the field. The citation is as follows:


Additional publications from this funded research project include:


New 2000-01 Objective: 2A

To prepare additional publications (articles, chapters, etc.) based on our findings from this study.

Measurable Outcome:

1999-2000 Objective 2B:

To prepare a scientific article describing the results of a Center study, an NIMH funded randomized clinical trials, (Psychosocial Therapy with Phobic/Anxious Children, Amount $500,000) and submit it for publication in a first tier refereed journal in the field.

1999-2000 Outcome: 2B

The basic outcome results from this study were published in the *Journal of Consulting and Clinical Psychology*, the top journal in the field. The citation is as follows:


Additional publications from this funded research project include:


New 2000-01 Objective: 2B

To prepare additional publications (articles, chapters, etc.) based on our findings from this study.

Measurable Outcome:

1999-2000 Objective 2C:
To prepare a scientific article describing the results of a Center study, an NIMH funded randomized clinical trials, (Parent-Child Dyadic Therapy for Anxious/Phobic Youth, Amount $299,556), parent-child treatment study and submit it for publication in a first tier refereed journal in the field.

1999-2000 Outcome: 2C


New 2000-01 Objective: 2C

To prepare additional publications (articles, chapters, etc.) based on our findings from this study.

We received the results of the review of the project entitled "Group Therapy for Childhood Anxiety Disorders" submitted for Feb 1 1999. The project did not receive funding, but we feel that it is possible to address the main concerns.

Use of Results for Program Improvement:

The results of the review provided us with useful feedback that will enable us to improve the grant application as we undertake the process of revising and resubmitting the grant.

New 2000-01 Objective:

One of our main objectives for 2000-01 is to resubmit the revised grant application for a October 1, 2000 deadline.