

# **Kathleen Trainor**

## Biography

Dr. Kathleen Trainor has a Masters Degree in Social Work and a Doctorate Degree in Clinical Psychology and over thirty years experience working with children and families. She is on the faculty of Harvard Medical School and on staff at Massachusetts General Hospital. In addition, she has her own outpatient clinic treating children and their families.

Dr. Trainor specializes in Cognitive Behavioral Therapy (CBT) with anxious children and teens. Her book outlines The Trainor Method, which guides parents to learn how to integrate CBT strategies to help their child. The Trainor Method applies seven steps that parents can use to teach their child how to change the way they think and react to their anxious feelings. It also offers parents useful information about parenting an anxious child, getting school support, and navigating the mental health system. Her book is of great value to others who work with anxious children including teachers, mental health professionals, pediatricians, and anyone who wants to understand how to best support a child who is anxious.