

Elisa E. Nebolsine, LCSW

cognitive therapy for kids



presentations
schools • agencies • businesses



Anonymous **feedback** from a 2009 training for the National Association of Social Workers:

Elisa Nebolsine has presented locally and nationally on topics involving CBT, children, and adolescents. She is a skilled trainer who consistently receives high marks from attendees. Elisa has presented in diverse settings: She regularly provides trainings for the District of Columbia Public Schools (DC START), has presented at annual meetings including the Anxiety Disorders Association of America, and is an adjunct faculty member at the Catholic University of America.

Possible **presentation topics** include:

- Cognitive Behavioral Therapy in Clinical Practice with Children: Theory, Technique, and Application
- Cognitive Therapy for Anxious Kids: Overview of Theory & Practice
- Worried But Not Alone: Using CBT to Address Social Skill Deficits in Anxious Kids
- Stop The Fighting: Using CBT to Improve Problem-Solving Skills and Conflict Resolution

“Elisa was great! She was incredibly knowledgeable and real. She provided a ton of info, but also encouraged feedback.”

“Elisa was an exceptionally knowledgeable presenter who provided very useful therapeutic tools we can use in our practice. Very helpful! Thank you!”

“I thought the presenter was excellent. She is very astute and clearly helps many children.”



Elisa Nebolsine has been providing clinical services to children, adolescents, and their families in the Washington, DC area for 14 years. In July, Elisa was named a top therapist in four categories by the **Washingtonian Magazine**. In her current practice, **Cognitive Therapy for Kids**, she uses cognitive behavioral therapy (CBT) to help children and adolescents with a wide range of challenges, from depression to attention issues, with a particular focus on anxiety disorders. Elisa holds a Masters in Social Work from Smith College and is an Accredited Cognitive Therapist.

6830 Elm Street, Suite 302 McLean, VA 22101
www.CognitiveTherapyforKids.com

