JULIE BARON, MSW, LCSW-C, LICSW

Office Phone: 301-339-8670 x1001 Email: julie@juliebaronandassociates.com

Websites: www.juliebaronandassociates.com and www.whatworkswiththeens.com

LinkedIn: https://www.linkedin.com/in/julie-baron-589a03173/

SUMMARY STATEMENT: Licensed Clinical Social Worker, Psychotherapist, Author and Speaker dedicated to providing high quality, evidenced based care to clients ages adolescent through adulthood. Skilled in using relational approaches and strategies to engage clients in treatment and train and educate teens, parents and professionals on a wide range of mental health and wellness topics. Accomplished author of various publications, including a book and articles and blogs in print and online. Special interest in training, supervising and mentoring a next generation of skilled and talented psychotherapists.

EDUCATION:

Boston University, Master of Social Work — *May 1994*

The Pennsylvania State University, BA in Psychology — *May 1991*

CLINICAL EXPERIENCE:

TULANE UNIVERSITY SCHOOL OF SOCIAL WORK

Adjunct Faculty/External Field Placement Clinical Supervisor — *January 2024-Present*

- Provide weekly clinical supervision to a graduate level student working in a clinical field placement toward earning a master of social work.

PRIVATE PRACTICE, JULIE BARON AND ASSOCIATES — Rockville, MD

Psychotherapist/Clinical Social Worker/Supervisor, Practice Owner — *June 2017- Present*

- Manage business aspects of the practice to support associates with marketing, referrals and billing
- Provide evidence-based clinical services to adolescent and adult clients using a relational approach to Engage, Empower and Elevate clients to achieving their treatment goals.
- Coordinate and manage a comprehensive DBT Program for adolescents and young adults.
- Train parents, teens, and professionals on a variety of topics relevant to mental health and understanding, parenting and working with adolescents.
- Provide professional clinical consultation and supervision toward clinical licensure in MD
- Provide consultation to schools on counseling students, crisis intervention, social-emotional programming and implementing positive school climate strategies and interventions.

PRIVATE PRACTICE, RATHBONE AND ASSOCIATES — Rockville, MD

Psychotherapist/Clinical Social Worker — *October 2006- May 2017*

- Assess, diagnose, and treat adolescents, young adults, and their families for a variety of emotional, behavioral, and mental health concerns through individual, group and family therapy.
- Use a variety of research based treatment and intervention approaches in helping clients meet their goals and improve their functioning, relationships and quality of life.
- Provide individual DBT treatment, co-teach DBT skills group, offer phone coaching to clients and participate in DBT consultation team.
- Recommend and advocate for needed school support and adjunct services.

MCLEAN SCHOOL OF MARYLAND — Potomac, MD

Middle School Counselor — *September 2001-June 2007*

- Provided school counseling services to grades 5-8 through individual meetings with students, parent conferences and consultation, coordination and consultation with teachers and multidisciplinary support staff, and collaboration with outside mental health and educational providers.
- Developed intervention plans and strategies to assist students with diverse learning needs be successful in school.
- Developed and implemented a comprehensive positive school climate program to maintain a safe and respectful school environment for all students, which addressed bullying, teasing, and social aggression.
- Coordinated faculty, student, and parent climate committees.
- Taught grades 5 and 6 pro-social skills to assist with appropriate social skills development.
- Created and implemented programs for grades 7 and 8 to address and educate them on appropriate social dynamics and assist them to navigate their social world and cope with issues related to adolescence.
- Made recommendations and referrals for appropriate mental health services.
- Provided crisis intervention in responding to safety issues.
- Advocated for students' needs related to school functioning.
- Attended collaborative WAISC meetings (Washington Area Independent School Counselors).

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MCDHHS/MCPS ED UNIT COLLABORATIVE, ***Montgomery County*** Rockville, MD

Social Worker *August 1998- August 2001*

- Provided case management to students in Elementary/Middle School ED (Emotional Disability) Cluster Model Programs in Montgomery County Public Schools through school-based, home-based, and community-based interventions.
- Provided outreach, support, and psycho-education to families, assessed mental health and other (concrete) needs, made referrals to services in the community, and helped families access these services.
- Helped families access health insurance for their children through the Children's Health Initiative Program (CHIPS), and negotiated with HMOs in advocating for the provision of mental health services for children.
- Consulted and collaborated with ED Program staff, Principals, and other school support staff on social/emotional/behavioral issues, which affected students' functioning in the classroom.
- Created a collaborative process through developing effective working relationships between families, schools, and community providers in addressing the needs of children.

MCDHHS/MCPS ED UNIT COLLABORATIVE, ***Montgomery County (continued)***

- Assisted with Crisis Intervention in the classroom, responded to Risk Protocols when students exhibit behaviors putting themselves or others at risk, and helped families obtain evaluations/services to stabilize crises.
- Attended IEP meetings and assisted in making educational recommendations for students.
- Collaborated with mental health and social service providers on developing and implementing treatment plans for children and their families.
- Composed quarterly reports and tracked outcome measures on student progress.

ACCESS PROGRAM, ***City of Alexandria*** Alexandria, VA

Psychiatric Social Worker II *March 1998- August1998*

- Provided home-based individual and family therapy, and intensive case management to children, adolescents, and their families.
- Gathered data for City of Alexandria's ACCESS Research Project.
- Attended Community Family Assessment and Planning (FAPT) meetings to assist in making recommendations for service provision to children and adolescents.
- Served as a liaison/consultant to the Alexandria Community Public Schools and link students to community resources and services.
- Facilitated Wrap Around Planning meetings, identifying a Child/Family Team, utilizing child and family strengths and natural resources in the family's life to meet the child's needs in all life domains.

MULTI-SERVICE CENTER , ***Riverside Community Care*** Newton , MA

Senior Residential Clinician *Sept 1996- Dec 1997*

- Provided diagnostic assessments and individual, group, and family therapy, and case management for adolescents in a short-term diagnostic residential setting.
- Co-facilitated substance abuse group, treatment goals group, and real life issues group.
- Provided 24 hour on-call clinical/administrative back up coverage to residential staff .
- Supervised residential staff and graduate social work students in their clinical internships.
- Produced comprehensive diagnostic evaluations with recommendations for treatment and placement.
- Acted as Multi's Human Rights Advocate and trained clients and staff on human rights issues.

MULTI-SERVICE CENTER

Outreach Coordinator

- Provided home-based, school-based, and clinic-based crisis intervention, drug and alcohol assessment, individual, family, and group therapy, and appropriate referrals to Wellesley adolescents and their families.
- Consulted and collaborated with Wellesley High School faculty and worked cooperatively with community officials and agencies in assessing needs and providing services for Wellesley youth.
- Provided drop-in counseling hours for students at Wellesley High School.
- Developed and led a six week "Art Therapy Approach to Violence Prevention Group" for students in Wellesley High School's 502.4 special educational program.

NEWTON OUTPATIENT CLINIC, ***Riverside Community Care*** Newton, MA

Outpatient Fee for Service Clinician *Nov 1994- Dec 1997*

- Provided outpatient treatment to adults, adolescents and families using short and long term interventions.

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- Assessed, diagnosed, and formulated treatment plans with clients in treating issues of substance abuse, mood disorders, oppositional behavior, attentional difficulties, and family discord.

NEWTON OUTPATIENT CLINIC, ***Riverside Community Care*** Newton, MA

Home-Based Crisis Stabilization Therapist *Nov 1994- Sept 1996*

- Assessed and provided short term, intensive home-based treatment and crisis intervention to children, adolescents, and their families 1-4 times a week for 4-6 weeks.
- Developed treatment plans with families using possibility-oriented, solution focused, and family systems approaches.
- Collaborated with families' existing network of service providers in treatment planning, made referrals for aftercare planning, and advocated for the provision of appropriate services.
- Participated in Youth Commission meetings in various towns to collaborate on service provision for youth
- Provided consultation and made recommendations to The Department of Mental Health through written assessments of complex child/adolescent cases.

POST GRADUATE WORK:

- Empower Program's School Violence Prevention Institute, August 2003
- JSSA's Post Graduate Certificate Program: "Child and Adolescent Assessment and Treatment A Biopsychosocial Approach", June 2002
- Regularly attend professional workshops on mental health related topics to maintain licensure

PRESENTATIONS AND TRAININGS:

- Nora School Parent Education Series Webinar "Parenting Through Connection: The 5 Keys to Raising Emotionally Healthy and Accountable Teens " November 21, 2025
- U.S. Office of Juvenile Justice and Deliquency Prevention, Preventing Youth Hate Crimes and Bullying Initiative, Microlearning Series video, "Deconstructing Bullying," (recorded August 1, 2024)
- "Know Yourself and Manage Stress" for teens in DC attending the TRIGGER U Program sponsored by The T.R.I.G.G.E.R. Project, July 19, 2023
- Unites States Attorney's Office DC Clergy Ambassador Gun Violence Forum: How Can Clergy Help the Community Approach Youth About the Trauma of Gun Violence, Panelist, June 24, 2023
- Walt Whitman High School StressBusters Parent Program "Real Parenting Your Real Teens," April 13, 2023
- St. John's College High School Program for Freshman Class "Managing Mental Wellness in Times of Stress" January 19, 2023
- Pyle Middle School Parent Talk "Being the Parent Your Middle Schooler Needs" December 8, 2022
- Nora School Parent Education Series Webinar "What Works With Teens: Supporting Our Teens in Times of Stress" December 1, 2022
- St. John's College High School Program for Senior Class "Managing Mental Wellness in Times of Stress" December 1 2022
- St. John's College High School Program for Parents "Managing Mental Wellness: Supporting Our Teens in Times of Stress" October 7, 2022
- St. Johns College High School Faculty Program "Promoting Student Mental Health and Engaged Learning 2.0" August 25, 2022
- Stone Ridge High School Program for Parents "Maximizing Your Teens' Wellbeing" April 21, 2022
- Stone Ridge High School Program for Students "Maximizing Your Wellbeing" April 21, 2022
- St. Johns College High School Student training "Caring for Our Mental Wellbeing" October 21, 2021

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- St. Johns College High School Faculty Training "Promoting Student Mental Health and Engaged Learning" August 26, 2021
- Montgomery County Public Schools EAP Program for Staff, MCPSTV Interview with Robyn Rosenbauer, "Wellness Matters: Post Pandemic Transition for Teens" June 3, 2021 https://www.youtube.com/watch?v=iK3I0TwIbUA
- Pyle Middle School Parent Webinar "Return to Normal? : Helping Our Kids Adapt Beyond Covid 19" April 29, 2021
- Walt Whitman High School Parent Webinar "Supporting Teens Through the COVID Finish Line" April 22, 2021
- St. Johns College High School Webinar for Parents "Supporting Your Teen Through the Final Push to the COVID Finish Line" March 18, 2021
- St. Johns College High School Webinar for Students "Coping Through the Final Push to the COVID Finish Line". March 18, 2021
- DC Regional Christian Church Youth Ministry Program for Parents Panel Presentation and Discussion "Helping Your Kids with Cyberbullying" October 31, 2020
- Academy of the Holy Cross Faculty Training "Wellness Reboot" October 28, 2020
- Academy of the Holy Cross Faculty Training "Education in Uncertain Times: Strategies and Supports for Student Engagement" August 21, 2020
- Facebook Live Interview with Dr. Lucy McBride, Discussion on helping teens cope with the pandemic May 28, 2020
- McLean School Webinar "Parenting in Uncertain Times: Struggles, Strategies, and Strengths Developed" May 14, 2020
- World Bank Webinar "Parenting in Uncertain Times" April 30, 2020
- Pyle Middle School Parent Webinar "#Restructuring: Parenting Teens in a COVID 19 World " April 16, 2020
- Whitman Parents Book Club Talk on "What Works With Teens" February 20, 2020
- Walt Whitman High School Parent Program "What Works With Teens" January 23, 2020
- Georgetown Visitation Parent Program "Parenting Teens With Intention: Empowering Our Teens to Be Their Best" January 16, 2020
- Schools and Community United in Partnership Conference (Montgomery County, MD) "Cracking the Code with Adolescents: Core Skills for Effective Interactions" October 4, 2019
- Founding Farmers Management Training "Farmers Commitment to Our Teams Mental Health and Wellbeing" July 9 and 16, 2019
- Potomac School Program for Senior Class "You're Done With High School: What Comes Next?" May 3, 2019
- Psychotherapy Networker Symposium Workshop "Cracking the Code with Adolescents" March 23, 2019
- Georgetown Visitation Presentation for Parents "Parenting Teens Survival Guide" January 24, 2019
- Julius West Middle School parent program "*Talking Technology with Our Teens",* January 8, 2019
- Hospice Caring Presentation "Managing Grief in the Age of 24-Hour News & Social Media" October 11, 2018
- Expert Panel Member for parent viewing and discussion of Documentary "Angst", Cabin John Middle School March 22, 2018
- Georgetown Visitation Presentation for Parents "Parenting Teens Survival Guide" January 25, 2018
- McLean School Inside Out Conference for grades 7 and 8, Keynote "Visionary U" January 10, 2018
- Georgetown Visitation Presentation for Parents "Parenting Teens Survival Guide" January 26, 2017

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- Nora School Speaker Series "What Works With Teens" November 2, 2016
- Interview on TALK LA's "Dr. Deb and Therapist Kelley Show" August 9, 2016
- BLOOM University of MD School of Social Work 6 Hour CEU Workshop "What Works With Teens" May 13, 2016
- McLean School Community Education Series Presentation "What Works With Teens: Relationship Tools for Parents and Professionals" April 12, 2016
- LAB School, Washington, D.C. Presentation "What Works With Teens" March 16, 2016
- Julius West Middle School PTSA "Parenting Teens" February 9, 2016
- NASW Lunchtime Series Webinar "What Works With Teens" October 22, 2015
- Academy of the Holy Cross Freshman Training on Social Culture October 8, 2015
- Friends Community School of College Park Faculty Training "Creating a Positive School Climate" September 4, 2015
- Academy of the Holy Cross Faculty Training "What Works With Teens" August 20, 2015
- McLean School Cecily's Advocacy Workshop "What Works With Teens" November22, 2014
- Academy of the Holy Cross Sophmore Training "Social Culture and Relationships" October 29 and 30, 2014
- McLean School Upper and Middle School Faculty Training "Positive School Climate" June 9, 2014
- McLean School Admissions Open House Parent training "Adolescent Social Culture" January 11, 2014
- McLean School of MD Middle and Upper School Faculty Training- "Social Culture, School Climate and the Impact on Learning" December 2013
- McLean School of MD 8th Grade Student Workshop on "Social Culture and Relationships" November 2013
- Academy of the Holy Cross Sophmore Student Workshop- "Social Culture and Relationships" November 2013
- National Association of Social Workers Webinar "Reaching Teens in Therapy" October 2013
- Montgomery County Schools and Community in Partnership Conference- Panel Member on "Coordinating a Youth Summit for your Schools" September 2013
- Linkages to Learning Staff Training- "Teens and Technology" August 2013
- Walt Whitman High School Youth Summit- "Social Culture and Relationships" April 2013
- Gonzaga College High School Faculty Training- ""Adolescent Social Culture: From Bonding to Bullying" February 2012
- McLean School of MD Cecily Advocacy Workshop- "Adolescent Social Culture" February 2012
- Adolescent and Family Growth Center Staff and Foster Parent Training- "Teens and Technology" September 2012
- Lowell Middle School Advisor/Coaches' Training, October 2011
- Guest Speaker for Catholic University Social Work Graduate School Class on Treating Adolescents taught by Britt Rathbone- "Adolescent Social Culture", April 2010
- Jewish Community Center Camp Counselor Training- "Developmental Functioning of Pre-Teens", June 2009 and June 2010
- St. Albans Parent Association Training- "So Your Kid's Online: OMG!", February 2009
- Jewish Day School Lower School Parent Training- "Keeping Kids Safe and Healthy in the Age of Technology", January 2009
- Herbert Hoover Middle School Parent Training- "So Your Kid's Online: OMG!", October 2008
- Mental Health Association Summer CEU Event, Conference Speaker- "Understanding Adolescent Social Culture: From Bonding to Bullying" (3hours) and "Technology Use and Adolescent Social Culture" (3 hours), July 2008
- Co-Facilitated 2 Day "Owning Up" Curriculum Training for Educators, July, 2008
- Rosalind Wiseman's "Owning Up" Curriculum Training- "Brain Functions in the Social World: How the Brain works in Boy World and Girl World", October 2007, April 2008, July 2008,

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November 2008, April 2009

- Tilden Middle School Parent Training- "So Your Kid's Online: OMG!", May 2008
- Washington County Interagency Conference- "Bullying Strategies and Interventions for Schools and Organizations", April 2008
- School Without Walls Parent Training- "So Your Kid's Online: OMG!" , April 2008
- Howard County Public Schools Counselor Training (Co-Led with Rosalind Wiseman)"Owning Up" in Schools, March 2008
- Kensington Wheaton Youth Services- "The Parent-Teen Relationship", February 2008
- Holy Cross School Parent Training- "So Your Kid's Online: OMG!", February 2008
- Norwood School Parent Training- "The Parent-Teen Relationship: Paving the Way toward Autonomy and Independence", March 2007
- Capital One Girls Leadership Conference- Workshop Facilitator, March 2007
- Montgomery County Schools and Community United in Partnership "SCUP" Conference- "Bullying Strategies and interventions", October 2007
- Wooton High School Cluster Parent Training- "So Your Kid's Online: OMG!", October 2007
- Loudon County After School Programs Staff Training- "Creating a Positive Climate for your Organization", August 2007
- Linkages to Learning Staff Training- "Kids Online: What you Need to Know", August 2007
- Deal Middle School Parent Training- "The Teen-Parent Relationship: Paving the way toward Autonomy and Independence", October 2004
- McLean School Parent Training: "Ready Set, Let Go"- Program for parents preparing to send their kids off to college, Feb 2004
- Sidwell Friends School Parent Training: "The Teen-Parent Relationship: Paving the Way Toward Autonomy and Independence", October, 2005
- AIMS (Association for Independent Maryland Schools) Conference: "The Cost of Adolescent Detachment from Parents & the School's Role: Connection, Support, and Accountability", November, 2004
- Walt Whitman High School Youth Summit 2000, 2002, 2004: "Date and Acquaintance Rape: What You Need to Know"

PRINT, VIDEO AND ONLINE CONTRIBUTIONS AND PUBLICATIONS:

- *What Works with Teens: A Professional's Guide to Engaging Authentically with Adolescents to Achieve Lasting Change*, by Britt H. Rathbone, Julie B. Baron, Rosalind Wiseman (foreword), New Harbinger Publications, 2015.
- Psychology Today Contributor- Blog Page: *Parenting Teens Through Connection* , June 2024 Profile page: https://www.psychologytoday.com/us/contributors/julie-baron-lcsw-c Blog page: https://www.psychologytoday.com/us/blog/parenting-teens-through-connection]
- Blogposts on www.juliebaronandassociates.com
- *Monthly What Works With Teens Newsletter* for parents and professionals working with adolescents. Archived posts on www.whatworkswithteens.com
- Psychotherapy Networker/PESI Audio and Video Digital Seminar "Cracking the Code with Adolescents" https://catalog.psychotherapynetworker.org/item/cracking-code-adolescents-51702
- Montgomery County Public Schools, Series on Staff Health and Wellness, "Wellness Matters: Post-Pandemic Transition for Teens, YouTube, June 2021 https://www.youtube.com/watch?v=iK3I0TwIbUA
- Facebook Live Interview with Dr. Lucy McBride, May 28, 2020 https://www.facebook.com/drlucymcbride/videos/2645441662378353

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- Contributing article in Psychotherapy Networker Magazine May/June 2019 issue "Truths and Consequences: Helping Teens Make Good Decisions," https://www.psychotherapynetworker.org/article/truths-and-consequences/
- StopBullying.gov January 9, 2018 Cyberbullying Part 2: What Parents Can Do
- StopBullying.gov December 12, 2017 Talking to Your Kids About Cyberbullying Part 1: Tools for Parents
- Talk LA: The Dr. Deb and Therapist Kelli Show August 9, 2016
  Are you in the throes of raising a teen or do you work with adolescents in a professional capacity?
- PsychCentral August 21, 2016
  Three Things to Know About the Teenage Brain
- PsychCentral April 23, 2016
  Three Tips for Engaging Authentically With Teens
- Edutopia April 19, 2016
  6 Rules for Being Transparent with Teens: Authentic Relationships Lead to Engagement
- Edutopia October 26, 2015
  Teen Engagement in Learning Starts With Respect
- Compass Points Maryland Counseling Association Newsletter What Works with Teens Spring 2015
- Rosalindwiseman.com What Works with Teens April 15, 2015
- May 21, 2015 Youth Today Blog Shaping the Culture of a Generation, One Relationship at a Time
- "Bethesda Magazine" *High School Forever, and Right Cliques* September-October 2013
- NASW Online article at Helpstartshere.org Helping Pre-Teens and Teens Navigate their Social Worlds: It Takes Social Workers and the Rest of the Village
- McLean School Magazine article on Middle School Development

GRADUATE INTERNSHIPS:

NEWTON/NEEDHAM OUTPATIENT CLINICS, ***Riverside Community Care*** Newton/Needham, MA
Social Work Intern *Sept 1993- May 1994*

- Assessed, diagnosed, formulated treatment plans, provided short and long term outpatient therapies to adults, adolescents, children, and families, and co-lead a Single Parent Support Group.
- Supervised high school seniors in the roles of Big Brothers and Big Sisters through Newton's One to One program at Newton North High School.
- Established working relationship between Needham's Elementary School and the Needham Outpatient Clinic while counseling children in the school.
- Participated in weekly seminars on clinical work with families, children, and substance users/abusers.

THE NATIONAL INSTITUTES OF HEALTH Bethesda, MD
Social Work Associate *June 1993- Aug 1993*

- Conducted biopsychosocial evaluations and provided emotional support, case management, and advocacy for multicultural patients involved in research studies on the Auto Immune Deficiency inpatient unit and in the HIV/AIDS outpatient clinic.
- Co-led support group for patients coping with chronic illness and their families.
- Attended Social Work Rounds, Medical Rounds, and Clinical Grand Rounds weekly and reported on psychosocial assessments of patients.

SHREWSBURY COMMUNITY SERVICES Shrewsbury, MA
Social Work Intern *Sept 1992- May 1993*

- Provided long and short term therapies and accessed resources for multicultural individuals and families.
- Directed and coordinated activities for an after school teen program targeting at-risk youth.
- Wrote, produced, and hosted "Community Forum", a local cable television program addressing relevant youth issues in the community (SPAC-TV).

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- Organized fund raising events and charity drives benefiting the agency and its clients.

PROFESSIONAL AFFILIATIONS:

- National Association of Social Workers
- Greater Washington Society for Clinical Social Work
- DCTherapist Connect Listserv
- WISER- **W**ashington **I**ndependent **S**ervices for **E**ducational **R**esources

REFERENCES:

Professional References available upon request

FULL BIO:

Julie Baron and Associates
Engage, Empower, Elevate.

Julie Baron is a licensed clinical social worker, specializing in the treatment of adolescents, and adults. Ms. Baron graduated from Penn State University with a BA in Psychology and Boston University with a Masters in Social Work. She has thirty years of experience working with adults, adolescents and their families in community based mental health centers, residential treatment facilities, home based crisis stabilization programs, public and private schools, and private practice providing individual, group, and family therapy, parent coaching, advocacy services, and professional consultation and supervision. She practices evidence-based relational strategies and interventions to engage and empower her clients in reaching their goals. She authors articles, blogs and a monthly newsletter on working with and parenting teens. Ms. Baron is a speaker and trainer for adolescents, parents, and professionals on various topics related to adolescent development, treatment with adolescents and families, mental health and wellness, and parenting teens and young adults. She owns and manages Julie Baron and Associates, a private practice in Rockville, MD where she provides individual, family and group psychotherapy and coordinates an evidence-based Comprehensive DBT Program for teens and young adults. Ms. Baron is the co-author of *What Works With Teens: A Professional's Guide to Engaging Authentically with Adolescents to Achieve Lasting Change,* New Harbinger, April 1, 2015.