

Modular Approach to Therapy for Children (MATCH)

Modular Approach to Therapy for Children (Match) is an Evidence-Based Practice used to help reduce symptoms in anxiety, depression, trauma, and to conduct related disorders (or disruptive behavior problems) in children ages 6 to 15 years old. Because of its unique modular approach, it has the flexibility to address co-occurring symptoms or disorders. MATCH is comprised of 33 independent therapeutic procedures that can be more effective in a shorter period of time.