



Barb Shepard, LMHC-D

PEDIATRIC OCD, ANXIETY & NEUROIMMUNE DISORDERS

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PROFESSIONAL PROFILE

Licensed Mental Health Counselor – with Diagnostic Privilege and private practice owner with more than a decade of clinical experience serving children, adolescents, and families. Specialized focus on anxiety, obsessive-compulsive and related disorders, and PANS/PANDAS, with advanced training from the International OCD Foundation, and The Linehan Institute, and Yale Child Study Center. Active statewide advocate for insurance coverage and clinical awareness of pediatric neuroimmune conditions.

AREAS OF CLINICAL FOCUS

- **Anxiety, Obsessive-Compulsive Disorder & Related Disorders** — assessment and treatment across childhood, adolescence, and adulthood
- **PANS/PANDAS** — mental health counseling for pediatric acute-onset neuropsychiatric syndromes
- **Adolescent Mental Health & Parent Coaching** — family-centered intervention and caregiver support
- **Evidence-Based Modalities** — Exposure & Response Prevention Therapy (ERP); Dialectical Behavior Therapy (DBT); SPACE (Supportive Parenting for Anxious Childhood Emotions)

PROFESSIONAL EXPERIENCE

Owner & Licensed Mental Health Counselor Sept. 2018 – Present

Barb Shepard, LMHC-D, PLLC — Syracuse / Fayetteville, NY

- Own and operate a private outpatient mental health counseling practice serving children, adolescents, adults, and families.
- Provide individual therapy for anxiety, OCD and related disorders, and PANS/PANDAS, alongside parent coaching.
- Consultant & CE trainer: coordinating care with physicians, school, and other treatment providers to support integrated treatment planning.

Therapist, Day Treatment Mental Health Program June 2017 – July 2019

Racker Centers (OCD BOCES) — Cortland, NY

- Delivered intensive individual and group counseling services to students in grades 7–12 within a day treatment setting.
- Partnered with educators, administrators, and families to stabilize students and support successful return to the classroom.

Clinician, Treatment Family Foster Care Program Aug. 2015 – June 2017

Cayuga Centers — Auburn, NY

- Provided trauma-informed therapy to youth placed in therapeutic foster homes.
- Consulted with foster parents, caseworkers, and county partners to align behavioral supports across placements.

Substance Abuse & Mental Health Counselor Jan. 2014 – Feb. 2015

Syracuse Recovery Services, Outpatient Substance Abuse — Syracuse, NY

- Full-time graduate internship placement providing individual and group outpatient counseling for co-occurring substance use and mental health concerns.

ADVOCACY & PROFESSIONAL LEADERSHIP

PANS/PANDAS Clinical Advocate & Community Outreach Leader Oct. 2025 – Present

Syracuse, NY

- **Legislative Advocacy Lead**, New York State PANS/PANDAS Insurance Coverage Initiative — coordinate multidisciplinary stakeholders in support of Assembly and Senate bills mandating insurance coverage for evaluation and treatment.

- Led development and implementation of the first **PANS/PANDAS Awareness Day in Syracuse, NY**, where the National Grid Building joined 220 other world monuments in lighting green for PANS.
- Strategic Initiatives Lead at **MIND Global Council** — an international collaborative of researchers, psychologists, and mental health clinicians dedicated to advancing evidence-based care and improving clinical outcomes for individuals with PANS/PANDAS.

PRESENTATIONS & TEACHING

“PANS/PANDAS: An Evidence-Based Approach for Mental Health Professionals” Feb. 2026

Continuing education training for clinicians — Hudson Valley Professional (virtual)

“Panic and Health Anxiety” (co-presented) Feb. 2026

90-minute clinical training on panic disorder, OCD, and health anxiety (virtual)

“Parenting in the Age of Anxiety” May 2021

Presentation for parents and staff — Manlius Pebble Hill School (virtual)

Guest Lecture: DBT for Suicidal Ideation & Self-Harm Apr. 2016

Presented to master’s-level counseling students — Syracuse University, Syracuse, NY

EDUCATION

M.S., Clinical Mental Health Counseling Aug. 2012 – Dec. 2014

Syracuse University, Syracuse, NY — GPA 3.9 / 4.0

B.A., Psychology — Minor in Philosophy Aug. 2007 – May 2011

Le Moyne College, Syracuse, NY — GPA 3.9 / 4.0

- Full four-year academic scholarship
- Psi Chi International Honor Society in Psychology

ADVANCED CLINICAL TRAINING

SPACE ARFID: Supportive Parenting for Anxious Childhood Emotions for Avoidant Restrictive Food Intake Disorder Feb. 2026

Yale Child Study Center

SPACE: Supportive Parenting for Anxious Childhood Emotions Feb. 2026

Yale Child Study Center

Pediatric Behavior Therapy Training Institute (BTI) Oct. 2024

International OCD Foundation — Charlotte, NC

DBT for Suicidal Adolescents May 2018

The Linehan Institute / Behavioral Tech — New York University

Intensive Dialectical Behavior Therapy Training Jan. 2017

The Linehan Institute / Behavioral Tech — Columbia University

LICENSURE

- Licensed Mental Health Counselor – with Diagnostic Privilege (LMHC-D), New York State 008001