

## Evidence-Based Mental Health Treatments Information

**Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):** A structured, short-term therapy model that effectively improves the range of trauma-related outcomes in 8-25 sessions with the child/adolescent and caregiver. In addition to being highly effective at improving posttraumatic stress disorder (PTSD) symptoms, it effectively addresses other trauma impacts such as depression, anxiety, cognitive and behavioral problems, participating caregiver's parenting skills and reducing their stress about their child's traumatic experience (<https://tfcbt.org/>). There is an 11-hour web training, TF-CBT Web 2.0 that is a pre-requisite to the full training, and the cost is \$35 per clinician. NOTE: Only attending the Web 2.0 does not fully train clinicians to deliver this model with fidelity. Please visit the TF-CBT website for additional training information

- Virtual Training Option: Yes
- Cost and Upcoming Training Dates: <https://tfcbt.org/trainings>
- Contact Information: Anthony Mannarino, PhD, Co-Developer  
[Anthony.MANNARINO@ahn.org](mailto:Anthony.MANNARINO@ahn.org)

**Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT):** A trauma-informed, evidence-based intervention designed to improve the relationship between children and their caregivers by addressing individual and family problems relating to: family conflicts, behavior problems, including physical aggression, anger and verbal aggression, including emotional abuse, harsh discipline practices, physical aggression, or child physical abuse, or child trauma-related symptoms secondary to any of the above (<http://afcbt.org/>). Please see the attached PDF for information on AF-CBT and visit the AF-CBT website <http://afcbt.org/> for upcoming trainings and pre-requisites.

- Virtual Training Option: Yes
- Cost and Upcoming Training Dates: <http://afcbt.org/> and email David Kolko, PhD
- Contact Information: David Kolko, PhD, [KolkoDJ@upmc.edu](mailto:KolkoDJ@upmc.edu)

**Child and Family Traumatic Stress Intervention (CFTSI):** An evidence-based trauma-focused mental health treatment with proven effectiveness in reducing traumatic stress symptoms and reducing or interrupting PTSD and related disorders in the aftermath of traumatic experiences. CFTSI was created specifically for implementation with children, adolescents and their caregivers during the peri-traumatic/acute period and early phase of PTSD of trauma response, in the days or weeks following a traumatic event or after the recent formal disclosure of physical or sexual abuse (such as in a forensic interview). Please see the attached PDF and visit the CFTSI website for additional information: <https://medicine.yale.edu/childstudy/communitypartnerships/cvtf/>

- Virtual Training Option: Yes
- Cost: See PDF

- Upcoming Training Dates: July 2021
- Other Requirements-**Note:** there is a minimum training team size of 2 clinicians and 1 supervisor and an application process for approval to attend the training.
- Contact Information: Carrie Epstein, Co-Developer [epstein.carrie@gmail.com](mailto:epstein.carrie@gmail.com)

**Parent-Child Interaction Therapy (PCIT):** An evidence-based behavior parent training treatment for young children, ages 2-7 with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. Children and their caregivers are seen together in PCIT, and families graduate when parents demonstrate mastery of skills and rate their child's behavior as being within normal limits (<https://pcit-training.com>). UC Davis offers a free 10- hour virtual overview training NOTE: this training does not fully train clinicians to deliver the model <https://pcit.ucdavis.edu/pcit-web-course/>

- Virtual Training Option: Yes
- Training Information: <https://pcit-training.com/training>; UC Davis contact Lindsay Forte [laforte@UCDAVIS.EDU](mailto:laforte@UCDAVIS.EDU)
- Cost: To be provided by the trainer that you select
- Upcoming Training Dates: <https://pcit-training.com/training>; UC Davis contact Lindsay Forte [laforte@UCDAVIS.EDU](mailto:laforte@UCDAVIS.EDU)
- Contact Information: As indicated above

\*NOTE: There may be other training resources not included on this list.

**Problematic Sexual Behavior- Cognitive Behavioral Therapy (PSB-CBT) AKA CSBP-CBT:**

Treatment models that are family-oriented, cognitive-behavioral treatment group or family intervention models designed to eliminate problematic and illegal sexual behaviors and improve prosocial behavior and adjustment, while reducing stress and enhancing skills in parents and caregivers. Visit the website for information on the training <https://psbcbt.ouhsc.edu/PSB-CBT-Model> and <http://www.ncsby.org/>.

- Virtual Training Option: No
- Cost and Training Dates: See PDF and email Carrie Schwab [Carrie-Schwab@ouhsc.edu](mailto:Carrie-Schwab@ouhsc.edu)
- Other Requirements: There is an application process for acceptance in training
- Contact Information: Carrie Schwab, Training Coordinator, University of Oklahoma Health Sciences Center [Carrie-Schwab@ouhsc.edu](mailto:Carrie-Schwab@ouhsc.edu)

**Child-Parent Psychotherapy:** Therapy for young children from birth through age five and their parents/caregivers that supports family strengths and relationships, helps families heal

and grow after stressful experiences and respects family and cultural values. Training in CPP is designed to ensure that providers have the capacity to support families with young children (under age 6) who have experienced scary or painful events such as loss of a loved person, separation, serious medical procedures, abuse, or violence at home or in the community (<https://childparentpsychotherapy.com/>).

- Virtual Training Option: Contact CPP <https://childparentpsychotherapy.com/>
- Cost: Contact trainers through <https://childparentpsychotherapy.com/>
- Upcoming Training Dates: Contact trainers through <https://childparentpsychotherapy.com/>
- Other Requirements: Intensive training -18-month learning collaborative
- Contact Information: Contact trainers through <https://childparentpsychotherapy.com/>