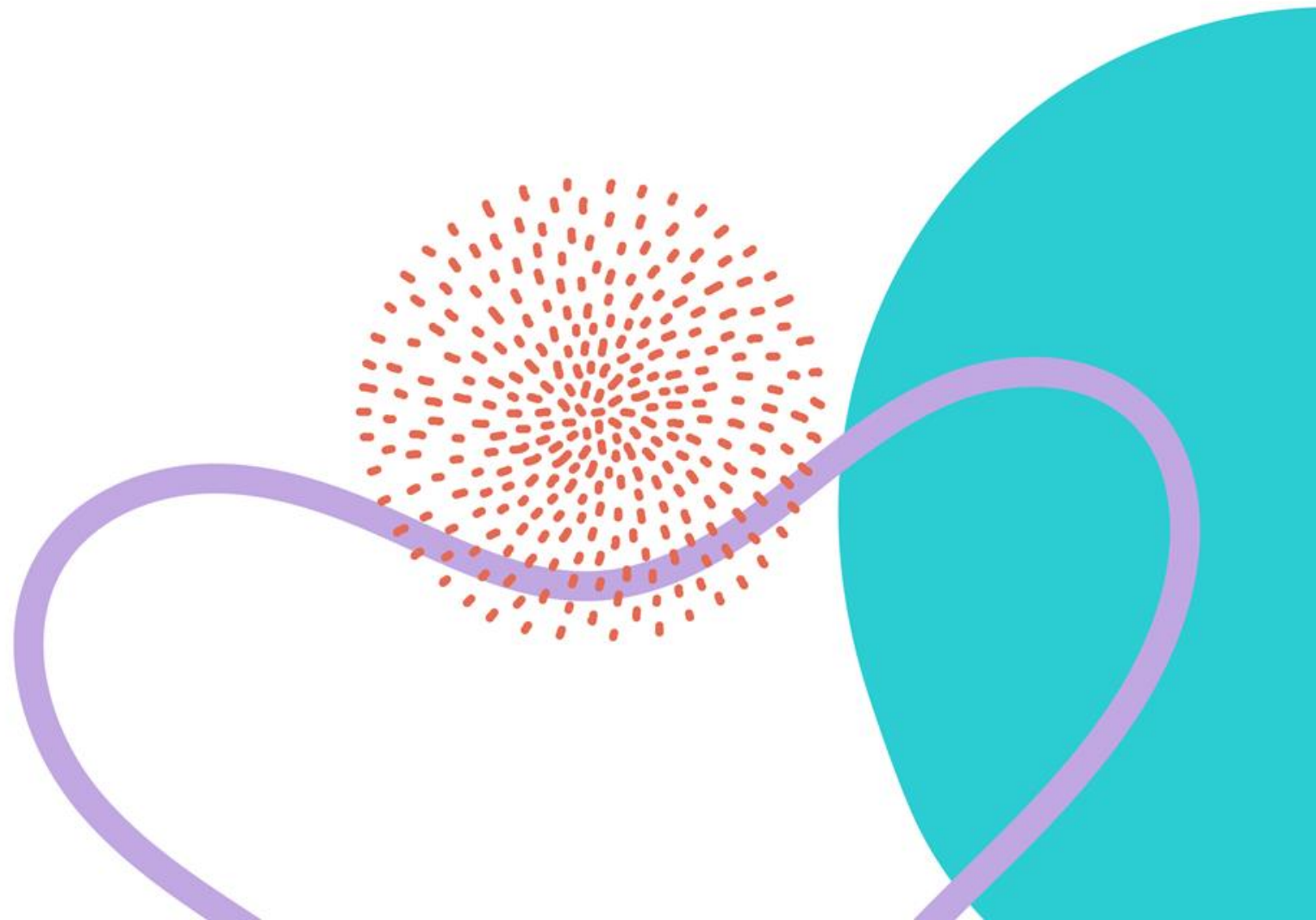


# Mental Health Training Grants



**National  
Children's  
Alliance®**

*The Force Behind  
Children's Advocacy Centers*



# NCA Training Grants for Mental Health

Training Grants for 2022 for training in the Evidence-Based Treatments that meet NCA's Accreditation Standards:

- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Basic
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Advanced
- Child and Family Traumatic Stress Intervention (CFTSI)
- Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT)
- Parent-Child Interaction Therapy (PCIT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Problematic Sexual Behavior Cognitive Behavioral Therapy (PSB-CBT)

# Looking at the Needs of Your CAC

Key questions to assist with determining adding or expanding evidence-based trauma treatment(s):

- What evidence-based mental treatments do you currently offer?
- Do you have enough capacity in those treatment models for trained clinicians to take on new clients
- What evidence-based trauma treatments are available in your community?
- Do you have children who need a treatment that you do not currently offer?
  - ★ Young children
  - ★ Youth with Problematic Sexual Behaviors
  - ★ Physical abuse or harsh discipline
- Do you have a waiting list?
  - ★ Child and Family Traumatic Stress Intervention
- How do you want to grow your mental health program?
- Are clinicians committed to participating in training that includes consultation call –a 4-12 month commitment depending on the model

# TF-CBT

Evidence-based treatment for trauma-impacted children, adolescents, non-offending caregivers. It is a short-term treatment (8-24 sessions) and is provided in parallel individual and conjoint sessions to youth and caregiver. There are 23 randomized clinical trials (RCTs) support efficacy across diverse ages, cultures, settings, trauma types.

- Completion of TF-CBT *Web2.0* (<https://tfcbt2.musc.edu>)
  - ★ 11 hour web-based course
  - ★ CE credits
- In-person, live, two day TF-CBT training
  - ★ Now offering TF-CBT virtual trainings over 2-4 days
- Completion of 12 consultation calls
- For cost information, go to the following website:  
<https://www.tfcbt.org/trainings/>

# Advanced Training Topics

- TF-CBT for youth with problematic sexual behaviors
- Complex trauma
- TF-CBT for preschool children
- Advanced trauma narration and processing
- Parenting/parental engagement
- Tele-TF-CBT
- TF-CBT implementation for children in foster care

# CFTSI: What is it?

- Brief (5-8 session) evidence-based early intervention model for children that is implemented:
  - ★ After recent exposure to a potentially traumatic event
  - ★ After recent disclosure of earlier sexual or physical abuse
  - ★ Successfully implemented with children who have experienced multiple traumatic exposures
    - In studies of CFTSI, the average number of previous trauma types experienced was six
- Children aged 7-18 years old
- Based on a family strengthening approach
  - ★ Increases communication between child and caregiver(s)
  - ★ Increases family support for children impacted by traumatic events
- CFTSI Treatment Applications: Young children (3-6 years old) and children in foster care/out of home placements

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# CFTSI

All CFTSI training participants (including both clinicians and supervisors):

- Attend a "live" interactive CFTSI training (offered either virtually or in-person)
- Actively participate in a minimum of 11 of the 14 twice-per-month consultation calls (one hour each) held over a period of approximately 7 months following the initial CFTSI training
- Complete a minimum of 3 CFTSI cases during the time period of the 14 consultation calls, which is approximately 7 months following the CFTSI training (this applies to both clinicians and supervisors)
- Costs:
  - ★ Training registration fee: \$350 per person for the full training
  - ★ Consultation calls: \$2,800 per group for 14 twice-per-month one-hour calls
    - Cost-sharing of the consultation calls is usually an option if we are able to match up two or more organizations to have their consultation calls together
  - ★ Travel costs for participants (if the training is held in-person)

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# AF-CBT

Alternatives for Families: a Cognitive Behavioral Therapy (AF-CBT) is a trauma-informed evidence-based treatment (EBT) designed to improve the relationships between children and caregivers in families involved in arguments/conflict, physical force/discipline/aggression, child physical abuse, or child behavior problems.

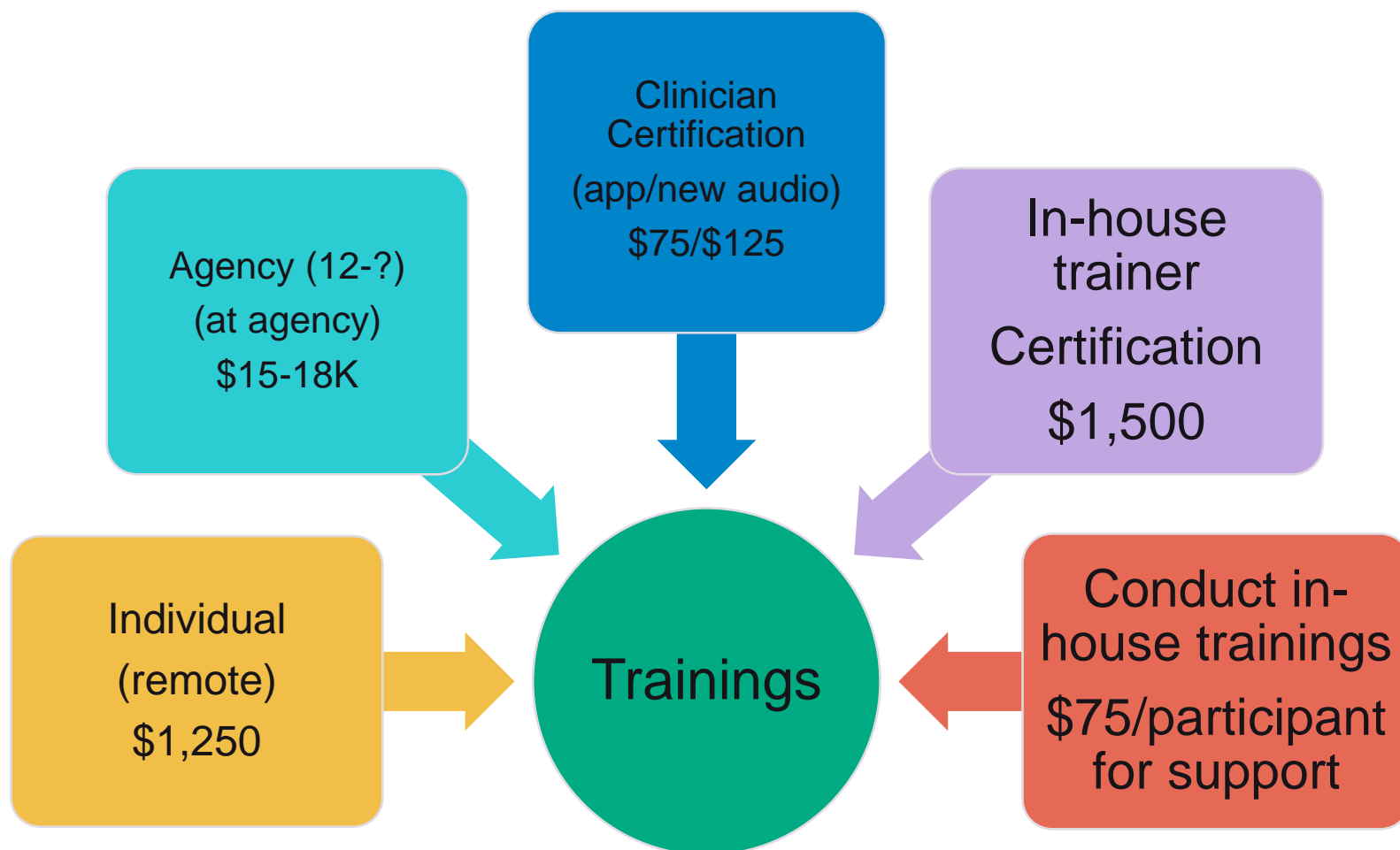
## Virtual Training:

- 3 half days (16 hours) of initial virtual training
- Monthly 1-hour clinical consultation calls for 12 months
- ½ day of advanced virtual training 6 months after initial training
- Q&A by e-mail
- Detailed feedback of submitted session audio

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# AF-CBT Training & certification options & costs



<http://afcbt.org/>

# PCIT

PCIT was developed for children who have disruptive behavior disorders and their caregivers. PCIT is an excellent treatment option for young children ages 2-7 with predominantly externalizing symptoms. Over 50 randomized controlled trials support the effectiveness of PCIT in reducing parent stress levels and children's behavioral problems in children with or without histories of maltreatment.

- 40 hour training either virtual or live format
- Consultation calls are every other week through the completion of two full cases. For most trainees, this takes approximately 12months.
- Videos of certain sessions (four) are also required as part of the training.
- Cost: \$3,000-\$4,500 per clinicians
  - ★ There are several options trainers and is not limited to those listed below
    - <https://www.pcit-training.com/>
    - <https://pcit.ucdavis.edu/>
    - <http://www.pcit.org/>

# EMDR

EMDR effectively decreases/eliminates the symptoms of posttraumatic stress. Clients often report improvement in other associated symptoms (anxiety). EMDR therapy is an “integrative psychotherapy,” with an eight-step protocol that includes bilateral stimulation. Some dismantling research suggests that the cognitive processing element of EMDR is the active component of treatment, rather than the bilateral stimulation element. In support of this, one study, conducted in Finland, compared EMDR with TF-CBT and found similar outcomes.

- 20 hours instructional material, 20 hours supervised practicum, and 10 hours consultation (may be some variation by training instructor)
- The cost of the training per clinician ranges from \$750-\$2,500.
- There is a practicum and consultation call component.
- There are multiple options for getting training. Here are some resources to consider:
  - ★ <https://www.emdr-training.net/>
  - ★ <https://maibergerinstitute.com/emdr-training-schedule>
  - ★ <https://www.emdria.org/emdr-training/>

# Problematic Sexual Behavior - CBT school-age model

- Building protective factors and capacity of child and caregiver to prevent further problematic sexual behavior by
  - ★ Supporting healthy communication and relationships,
  - ★ Directly addressing PSB and related thoughts, feelings, and behaviors,
  - ★ Promoting prosocial behavior and relationships,
  - ★ and enhancing emotional regulation and coping skills.
- Designed for children aged 7-12 and their caregivers
  - ★ Up to 14 years with the expanded model

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# Training in the OU PSB-CBT-S Model?

- Intensive clinical training over 12 months
  - ★ Three Learning Sessions and twice a month consultation
  - ★ Assessment and PSB-CBT clinical
  - ★ Recorded session review and feedback
- Senior (Administrative) Leader support
  - ★ Included in Learning Sessions
  - ★ Monthly consultation
  - ★ Program implementation and sustainability
- Community Stakeholders training and support
  - ★ Promote community support for the identification, referral, and treatment services for youth with PSB, their child victims, and their families.

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# PSB-CBT

- Advanced training for fully trained TF-CBT providers
  - ★ Youth with PTSD – with PSB symptoms
  - ★ <https://psbcbt.ouhsc.edu/PSB-CBT-Training/Advanced-TF-CBT-for-PSB>
- Advanced training for PCIT trained providers
  - ★ Young children with disruptive behavior disorders including PSB

# Resources

- Mini-Videos on TF-CBT, CFTSI, AF-CBT and PSB-CBT

- ★ [NCA Learning: EBT Mini-trainings \(nationalchildrensalliance.org\)](https://nationalchildrensalliance.org/learning/ebt-mini-trainings)

# Thank you!



**National  
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*The Force Behind  
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