

TRAINING GUIDELINES

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Field	<i>May include requirements, recommendations, minimum standards, variations, ratios & other considerations</i>
Treatment Description	<p>Description: TF-CBT addresses the multiple domains of trauma impact including but not limited to posttraumatic stress disorder (PTSD), depression, anxiety, externalizing behavior problems, relationship and attachment problems, school problems, and cognitive problems. TF-CBT includes skills for regulating affect, behavior, thoughts and relationships, and trauma processing; and enhancing safety, trust, parenting skills, and family communication.</p> <p>NCTSN Fact Sheet Available: http://www.nctsnet.org/nctsn_assets/pdfs/promising_practices/TFCBT_General.pdf</p> <p>Culturally-Specific Information Available: http://nctsn.org/sites/default/files/assets/pdfs/tfcbt_cultural.pdf</p> <p>TF-CBT has been shown to be effective with culturally diverse populations, including Caucasian, African-American, and Latino families as well as African and Asian families. There are cultural applications of TF-CBT for Latino and Native American families.</p> <p>Goals: To reduce traumatic stress symptoms and improve overall functioning and development of children and adolescents with a history of exposure to traumatic life events.</p> <p>Target Population: Children and adolescents ages 3-18 and their caretakers.</p> <p>Essential Components: PRACTICE components which include stabilization components, trauma narration and processing, and treatment integration.</p> <p>Other considerations: Can be implemented in outpatient, residential, in-home, and school settings.</p>
Training	<p style="text-align: center;"><u>MINIMALLY ACCEPTABLE TRAINING</u></p> <p>Mode of Training: Completion of TF-CBT Web; 2-day, in-person clinical training; 12 follow-up consultation calls.</p> <p>Content: TF-CBT implementation</p> <p>Number of Days/Hours Total/Minimum: 10 hours for TF-CBT Web; 14 hours for live clinical training; 12 hours for consultation calls.</p> <p>Options for Make-up: Clinicians can join other consultation calls if they are not able to complete the calls.</p> <p>Training Cost: Cost for agency is typically \$4000-6000 for the 2-day training; the cost of each consultation call is \$150-200.</p> <p>Training Contact Information: Anthony P. Mannarino, PhD (amannari@wpahs.org)</p>

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<p>Training continued</p>	<p style="text-align: center;"><u>MOST COMPREHENSIVE TRAINING</u></p> <p>Mode of Training: Completion of TF-CBT Web; 2-day, in-person clinical training; 12 follow-up consultation calls; advanced TF-CBT training.</p> <p>Content: TF-CBT Implementation</p> <p>Number of Days/Hours Total/Minimum: 10 hours for TF-CBT Web; 14 hours for live clinical training; 12 hours for consultation calls; 7 hours for advanced training.</p> <p>Options for Make-up: Clinicians can join other consultation calls.</p> <p>Training Cost: Cost for agency is typically \$4000-6000 for the 2-day training; the cost of each consultation call is \$150-200; advanced training is \$2000-3000.</p> <p>Training Contact Information: Anthony P. Mannarino, PhD (amannari@wpahs.org)</p>
<p>Selection</p>	<p>Minimum Education Level: Currently in graduate school or having a Master’s degree in a mental health related discipline.</p> <p>Licensure/Certification: No</p> <p>Experience: No</p> <p>Match/Fit: The theoretical foundation for this treatment approach is CBT. It is intended for children and adolescents exposed to single incident or multiple traumas who present with traumatic stress symptoms or complex trauma.</p> <p>Clinicians who pursue TF-CBT training should have basic knowledge with respect to childhood traumatic stress and the impact of trauma on children and families. Also, it is important that clinicians have general, basic clinical competencies in treating children and families exposed to traumatic life events.</p> <p>This intervention is contraindicated for children and adolescents who are acutely suicidal or acutely psychotic and require immediate stabilization; who have a primary drug or alcohol problem that requires stabilization; or who have serious cognitive impairments that preclude participation in CBT intervention.</p>
<p>Preparation for Training and Implementation</p>	<p>Clinician Readiness Assessment Available? No</p> <p>Agency Readiness Assessment Available? Yes, NCTSN BSC Learning Collaborative</p> <p>Typical Prerequisites for Training: TF-CBT Web</p> <p>Pre-reading/Other: Cohen, J. A., Mannarino, A. P., & Deblinger, E. (2006). Treating trauma and traumatic grief in children and adolescents. New York, NY: Guilford Press.</p>

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<p>Consultation</p>	<p>Type/Mode/Ratio: 12 consultation calls; maximum of 12 clinicians/set of calls.</p> <p>Frequency: Either 2X/month for 6 months or 1X/month for 12 months.</p> <p>Participation: Case presentations, including behavioral rehearsal and feedback on TF-CBT components.</p> <p>General/Expected Duration of Consultation: One-hour calls.</p> <p>Demonstrated Proficiency/Mastery/Competence: Successful case presentations based on the use of the TF-CBT Case Presentation Template.</p> <p>Other Parameters of Consultation: None</p>
<p>Case Completion Requirements</p>	<p>Case Completion: One during course of consultation calls; three for TF-CBT therapist certification.</p> <p>Fidelity: TF-CBT Brief Practice Checklist</p> <p>Mode of Review (e.g., Video/Audio/Test): Trainer/consultant oversees case completion.</p>
<p>Maintenance</p>	<p>Booster: Not yet determined.</p> <p>Advanced: Not yet determined.</p> <p>Maintenance Plan/Continuing Education: Not yet determined.</p>
<p>To Supervise Providers of the Treatment/Product</p>	<p>Prerequisites needed to supervise use of the Treatment/Product:</p> <p># of Cases Completed in Treatment/Product: 10</p> <p># of Years Practiced: 2</p> <p># of Year Providing Supervision: 2 in model; 3 overall</p> <p># of Supervisees: Not Specified</p>
<p>To Train Providers in the Treatment</p>	<p>Prerequisites needed to train providers in the Treatment/Product:</p> <p>Completion of TF-CBT train-the-trainer program which requires that candidates be certified in TF-CBT, have substantial experience in supervising with the TF-CBT model, and have excellent general training experience.</p>
<p>Endorsement or Certification Options</p>	<p>For Clinician: TF-CBT Therapist Certification (https://tfcbt.org)</p> <p>For Supervisor: TF-CBT Train-the-Supervisor Program</p> <p>For Trainer: TF-CBT Train-the-Trainer Program</p> <p>Decision-making process/body: TF-CBT Developers</p> <p>Roster of Trainers: There is a listing of certified TF-CBT therapists which can be found at https://tfcbt.org</p>

Additional Resources

TF-CBT Workbooks:

"Your Very Own TF-CBT Workbook"

<https://tfcbt.org/wp-content/uploads/2014/07/Your-Very-Own-TF-CBT-Workbook-Final.pdf>

"Dealing with Trauma: A TF-CBT Workbook for Teens"

http://tfcbt.thebrewroom.com/wp-content/uploads/2014/07/Dealing_with_Trauma_-_A_Workbook_for_Teens.pdf

TF-CBT Online Course:

<https://tfcbt.musc.edu/>