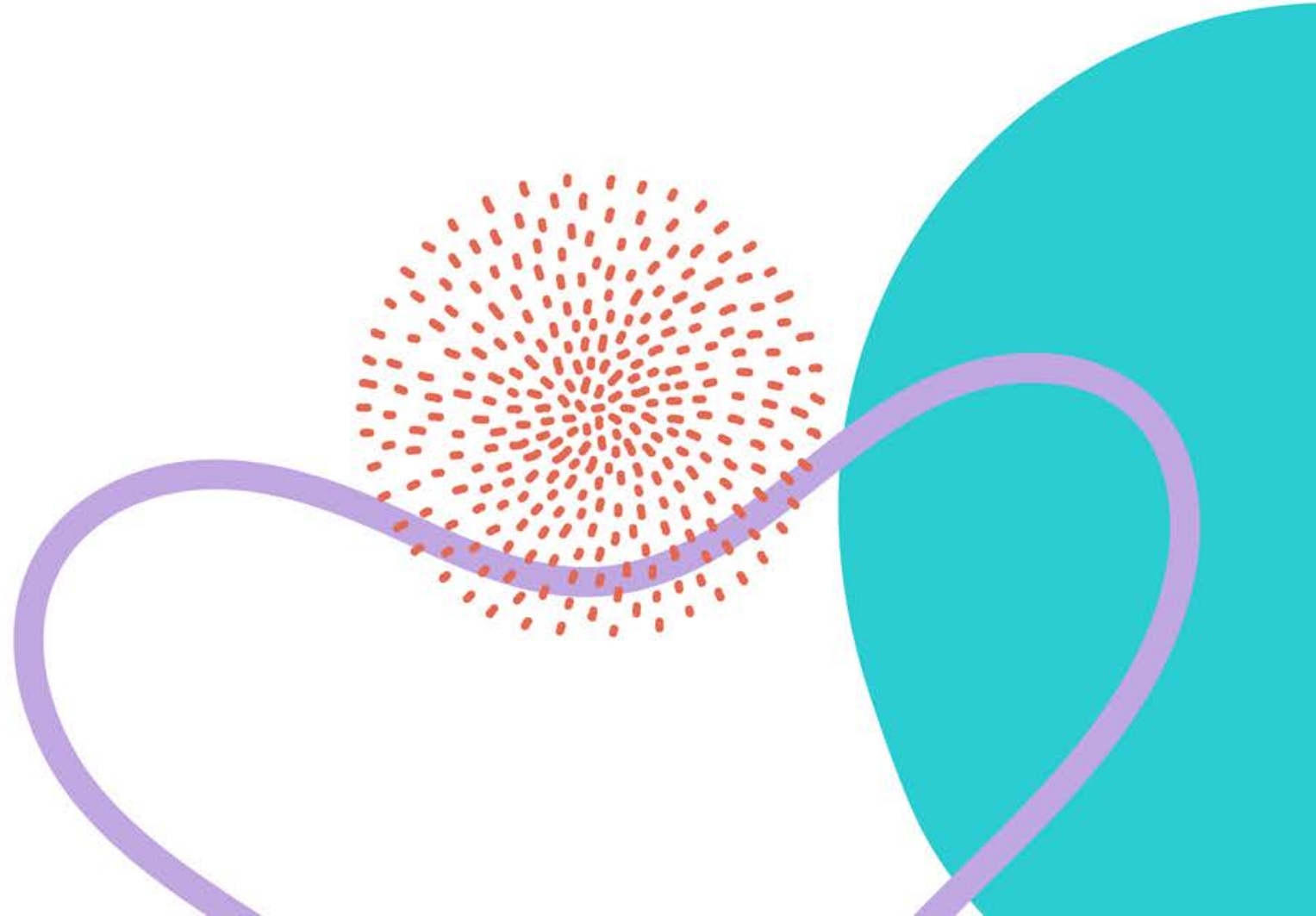


Mental Health Training Grants



**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 and 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)
- Child-Parent Psychotherapy (CPP)
- Problematic Sexual Behavior- Cognitive Behavioral Therapy (PSB-CBT) and Advanced Training

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 don't 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?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Evidence-based treatment for trauma-impacted children, adolescents, non-offending caregivers

- Time-limited (8-25 sessions); Individual and conjoint sessions with youth and caregiver

Training Requirements:

- 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/>

CFTSI

Brief (5-8 session) evidence-based early intervention model for children that is implemented based on a family strengthening approach – increases communication between the child and caregiver and increases family support of children impacted by traumatic events.

- After recent exposure to potentially traumatic event or disclosure of abuse; average number of traumatic events: 6
- Children aged 7-18 years old; Treatment Applications: young children and children in foster care.

Training requirements:

- Attend live or virtual training- 12-14 hours
- Attend a minimum of 11 of 14 consultation calls every other week and present on 3 CFTSI cases

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 share option)
- ★ Travel costs for participants (if the training is held in-person)

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AF-CBT

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.

Training Requirements:

- 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

Costs:

- Individual/remote: \$1,250
- Agency group of 12+ clinicians \$12,000-\$15,000

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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/>

CPP

Dyadic attachment-based treatment for young children (0-6) exposed to interpersonal violence. **The primary goal of CPP is to support and strengthen the relationship between a child and his or her caregiver as a vehicle for restoring the child's cognitive, behavioral, and social functioning.**

- **Average number of sessions -50**
- **Caregiver and Child Conjoint Sessions**

Training:

- Combination of didactic training, active learning through clinical practice and case presentations, supervision/consultation, and agency/team support.
- Training over 18 months

Cost and other information:

<https://childparentpsychotherapy.com/providers/>

Problematic Sexual Behavior - CBT school-age model

- Building protective factors and capacity of child and caregiver 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
- Intensive clinical training over 12 months
 - ★ Three Learning Sessions and twice a month consultation
- 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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Advanced Training

Problematic Sexual Behavior:

- 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

TF-CBT Advanced Training Topics:

- Tele -Mental Health Delivery of TF-CBT
- TF-CBT with AI/AN
- TF-CBT with LGBTQ+

Contact Michelle Miller for more information on Advanced TF-CBT training topics mmiller@nca-online.org

Resources

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

★ <https://learn.nationalchildrensalliance.org/EBT-mini-trainings>

Thank you!



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