

Evidence-Based Mental Health Treatments Information

View NCA's [Training Calendar](#) for up-to-date information on trainings offered by National Children's Alliance and our Institute for Better Mental Health Outcomes

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, and cognitive and behavioral problems, as well as improving participating caregiver's parenting skills and reducing their stress about their child's traumatic experience (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. In 2024, NCA will offer TF-CBT for problematic sexual behaviors in children 12 and under.

- Virtual training option: Yes
- In-person training option: Yes
- Cost: \$450/person for training through NCA, includes consultation calls
- Upcoming NCA virtual training dates:
 - October 22, 24, & 29, 2024
 - December 5, 6, & 10, 2024
- Upcoming NCA in-person training dates:
 - September 11, 12, & 13, 2024, in Denver, Colorado
- Visit NCA's [Training Calendar](#) for up-to-date information and registration links

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; emotional abuse; harsh discipline practices; physical aggression or child physical abuse; or child trauma-related symptoms secondary to any of the above (afcbt.org).

- Virtual training option: Yes
- Cost: \$450/person for training through NCA, includes consultation calls
- Upcoming NCA training dates
 - July 17, 19, 24, & 26, 2024
- Visit NCA's [Training Calendar](#) for up-to-date information and registration links

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).

Visit the CFTSI website for additional information

(medicine.yale.edu/childstudy/communitypartnerships/cvctc)

- Virtual training option: Yes
- In-person training option: Yes
- Cost: \$450/person through NCA, includes consultation calls
- Upcoming NCA virtual training dates
 - July 8, 9, & 10, 2024
- Upcoming NCA in-person training dates
 - October 16, & 17, 2024
- Visit NCA's [Training Calendar](#) for up-to-date information and registration links

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 (pcit.org).

UC Davis offers a free 10- hour virtual overview training. NOTE: This training does not fully train clinicians to deliver the model (pcit.ucdavis.edu/pcit-web-course).

- Virtual training option: Yes
- Training information: pcit.org/trainingcertification.html
UC Davis contact Lindsay Forte, laforte@UCDAVIS.EDU
- Cost: To be provided by the trainer that you select

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

Problematic Sexual Behavior - Cognitive Behavioral Therapy (PSB-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.

For more information, visit psbcbt.ouhsc.edu/PSB-CBT-Model and ncsby.org.

- Virtual training option: No
- Cost and training dates: Contact Carrie Schwab, Training Coordinator, University of Oklahoma Health Sciences Center
- Other requirements: There is an application process for acceptance in the training
- Contact information: Carrie Schwab, Carrie-Schwab@ouhsc.edu

Child-Parent Psychotherapy (CPP)

Therapy for young children from birth through age 5 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.

(childparentpsychotherapy.com)

- Cost, training dates, and information on whether there are virtual training options: Contact trainers through childparentpsychotherapy.com
- Other requirements: Intensive training, 18-month learning collaborative

Eye Movement Desensitization and Reprocessing Therapy (EMDR)

A psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR therapy is an eight-phase treatment. Eye movements (or other bilateral stimulation) are used during one part of the session.

- Virtual training option: Yes
- Visit the EMDR websites for information on cost, prerequisites, and upcoming trainings
- Contact information: emdr.com and emdria.org

For questions related to any of these trainings, please reach out to **Jami Bolton**, jbolton@nca-online.org.