



TF-CBT Senior Leadership Meeting #1

Center for Evidence to Practice

Monday, November 4, 2024

12:00PM-1:00PM CDT



Welcome! Who is on the call?



- *Name*
- *Agency & Role*
- *How many clinicians are you supporting in this TF-CBT cohort?*
- *Fun fact about yourself!*

hello



Overview

- Meet the Trainer
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Training Approach
- TF-CBT Cohort 9 Training Dates
- TF-CBT Certification Process
- TF-CBT Agency Support
- Questions & Answers



Why is this important?

Excellent training given by an expert trainer. This training has helped me build a framework to implement trauma therapy to many students in need. I am looking forward to practicing the model and strengthening my skills in TF-CBT.

-TF-CBT Trainee Evaluation Feedback

"I liked the role-playing example. I also liked learning about the developmental states of the brain and how trauma happening in one or more of those stages will directly affect the person's behavioral responses."

-TF-CBT Trainee Evaluation Feedback

"The lesson on working with young children was excellent. I was able to ask questions about some challenges I'm having with a client and [the trainer's] answer and perspective were encouraging and refreshing."

-TF-CBT Trainee Evaluation Feedback



Meet the Trainer



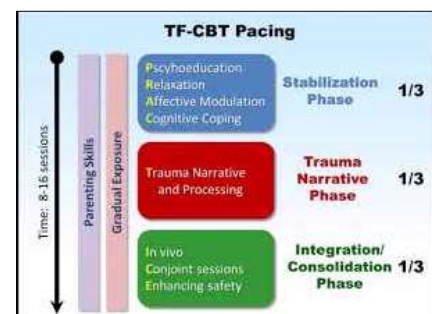
Kelly L. Wilson, LCSW

Kelly Wilson is a clinician, consultant and trainer working in Madison, WI. She has over 20 years experience in children's mental health specializing in the treatment of child traumatic stress. Kelly has worked extensively with children in therapeutic foster care and in the outpatient treatment setting.



What is TF-CBT?

- A conjoint child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events.
- It is a components-based hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles.





Who is TF-CBT Appropriate For?

- Children ages 3-18 and their parents who have developed significant emotional or behavioral difficulties following exposure to a traumatic event such as:
 - Loss of a loved one
 - Physical abuse
 - Sexual abuse
 - Domestic or community violence
 - Motor vehicle accidents
 - Fires
 - Tornadoes
 - Hurricanes
 - Industrial accidents
 - Terrorist attacks



What is the content of TF-CBT?

TF-CBT is a structured, short-term treatment model that integrates cognitive and behavioral interventions with traditional child-abuse therapies. Its focus is to help children talk directly about their traumatic experiences in a supportive environment. TF-CBT components are described by the acronym PRACTICE:

- | | |
|-------------------------------|--|
| ➤ Psychoeducation | ➤ Trauma narrative |
| ➤ Parenting | ➤ In-vivo exposure |
| ➤ Relaxation | ➤ Conjoint sessions with caregivers |
| ➤ Affective modulation | ➤ Enhancing safety and resilience |
| ➤ Cognitive coping | |



How is TF-CBT training structured?

- By **Friday, November 8, 2024**, all practitioners must complete the **11-hour web-based course**, TF-CBT Web 2.0, available at: <http://tfcbt2.musc.edu>
 - Cost is \$35.00 to complete the online course
- **MANDATORY** Pre-Requisite TF-CBT Assessment Training: **Tuesday, October 29th from 9:00am-1:00pm**
- Learning Session 1 (Basic Training): **November 12-14, 2024 from 9:00am-4:30pm**
 - CE Evaluation Deadline: November 21, 2024
- **Monthly Consultation Calls (9/12 calls):** Groups of 5-12 clinicians receive ongoing case consultation from Kelly Wilson to implement **TF-CBT** for patients in their setting
- Learning Session 2 (Advanced Training): **February 26-27, 2025 from 9:00am-4:30pm**
 - CE Evaluation Deadline: March 7, 2025
- **Present one (1) TF-CBT case & use the model with at least three (3) TF-CBT cases**

24-25 TF-CBT Training Cohort 9 Dates



<u>EVENTS</u>	<u>DATE</u>
MANDATORY Pre-Requisite TF-CBT Assessment Training:	<i>October 29, 2024</i>
COMPLETE 11-Hour Online Training	<i>November 8, 2024</i>
TF-CBT Online Learning Session 1 (LS1):	<i>November 12-14, 2024</i>
CE Evaluation Deadline for LS1 Training:	<i>November 21, 2024</i>
TF-CBT Online Learning Session 2 (LS2):	<i>February 26-27, 2025</i>
CE Evaluation Deadline for LS2 Training:	<i>March 7, 2025</i>
Consultation Call Commitment:	<i>Attend 9 of the 12 consultation calls</i>

CEs will be provided for **social workers and counselors** who are accepted into this current TF-CBT training cohort. Other licensed individuals can apply through their licensing boards.





How do I achieve TF-CBT certification?

Requirements:

- *Attend all virtual training dates*
 - Cannot miss more than 30 minutes of training
 - The camera **MUST BE ON** during the whole training
 - Engage as if you were in a training room
- *Use standardized trauma assessment measures*
- *Attend 9/12 calls consultation calls*
- *Present one (1) TF-CBT case & use the model with at least three (3) TF-CBT cases*

Following Requirements:

- *Take the TF-CBT Certification Program Knowledge-Based Test*
 - <https://tfcbt.org/certification/>
 - Costs \$250 to become certified.
- *Obtain your TF-CBT Certification & share with your MCOs entities!*
- *Submit your information on our EBP Map Webpage:*
 - <https://laevidencetopractice.com/interactivemap/>

TF-CBT Agency Support



- Within agency peer supervision
- Caseload adjustment
- Referral pathways
- Website/Advertisement of Services
- Other Thoughts/Suggestions?



GOAL: Obtain TF-CBT Certification!

Trauma-Focused Cognitive Behavior Therapy (TF-CBT) – Tracking Code EB07:

https://aevidencetopractice.com/wp-content/uploads/2023/11/EBP-Qualification-and-Billing-Guide_Updated_11.9.23_FINAL.pdf

➤ Qualification Standard

- TF-CBT Certification by the TF-CBT Therapist Certification Program

➤ Qualification Documentation

- Certificate issued by the TF-CBT National Therapist Certification Program OR inclusion in the TF-CBT Therapist Certification Program list

➤ Additional Information

After completing training and consultation that meets TF-CBT Therapist Certification Program training standards, TF-CBT practitioners must submit an application to the TF-CBT Therapist Certification Program and complete a TF-CBT knowledge-based test to achieve certification. The TF-CBT Therapist Certification Program maintains a list of Certified TF-CBT Therapists at <https://tfcbt.org/therapists/>

*TF-CBT Therapist must be re-certified every 5 years by completing an application and online recertification training modules.**



Where can I learn more about TF-CBT?

**Visit the National Website
for TF-CBT:**

<https://tfcbt.org/>



TF-CBT Senior Leadership Call 4-Part Series



Upcoming TF-CBT Senior Leadership Upcoming Meetings:

1. ~~Senior Leadership 1: Monday, Nov. 4, 2024 from 12pm-1pm~~
2. **Senior Leadership 2: Tuesday, Feb. 4, 2025 from 12pm-1pm**
 - To register for the next meeting, click here:
<https://lsuhsc.zoom.us/meeting/register/tJ0of-qqqz8oEtbCh3YyG9mZQTV2lrsfRlax>
3. Senior Leadership 3: Wednesday, June 4, 2025 from 12-1pm
4. Senior Leadership 4: Tuesday, September 9, 2025 from 12-1pm

We want to hear from you!



- Let us know what would be most helpful/beneficial during these calls!
- Feedback can be provided here:
 - <https://forms.office.com/r/jhgnRdsq4H>



Contact Information:

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Questions:

