



Please review each EBP Description, Age Range, Target Population, and Treatment Duration below. For more information on **Treatment Focus and Patient Outcomes**, please access our **Descriptions of EBP available by LA Medicaid Providers**.

EBP Training Program	Age Range & Target Population	Description	Training & Consultation Requirements
EMDR Eye Movement Desensitization and Reprocessing	Children aged 12-18 with a history of PTSD symptoms 45-90-minute sessions, 1-2 sessions per week	Helps youth manage negative thoughts and feelings related to a traumatic experience. The patient is conditioned using eye movements, tones, or taps while focusing on the traumatic experience and any negative thoughts or body sensations.	6 months of training and up to 10 months of monthly consultation; individual and agency participation
TF-CBT Trauma-Focused Cognitive Behavioral Therapy	Children aged 3-18 Weekly sessions, 12-18 weeks	Helps traumatized youth manage their thoughts and feelings related to their trauma experience, change inaccurate or unhelpful thoughts, and build skills to relax, control emotions, and improve safety.	6 months of training, 12 months of monthly consultation, individual and agency participation
PCIT Parent Child Interaction Therapy	Children aged 2-7 and parents, foster parents, and caretakers 1-2 therapy sessions per week, 10-20 sessions	A behavioral intervention that focuses on decreasing child behavior problems (e.g., defiance, aggression), increasing child social skills and cooperation, and improving the parent-child relationship.	6-8 months of training, 18 months of monthly consultation; individual and agency participation
CPP Child-Parent Psychotherapy	Children aged 0-5 and caregivers One 60-90 minute therapy session each week	Examines how trauma affects the child-caregiver relationship and the child's development.	1 year of training, 18 months of weekly consultation; individual and agency participation
PPT Preschool-PTSD Treatment	Children aged 3-6 with PTSD symptoms One 60 minute session per week for 12 weeks	A therapy to treat very young children with PTSD and trauma-related symptoms.	1 day of training, up to 6 months of weekly consultation; individual and agency participation
DBT Dialectical Behavioral Therapy	Children, adolescents, and adults with multiple, severe problems across multiple domains of functioning. Individual sessions (one hour per week), and Group therapy (120 to 150-minute weekly sessions) for up to 6-12 months.	A team-based (agency only), comprehensive, multi-diagnostic behavioral intervention designed to treat both adults and children/adolescents with severe out-of-control cognitive, emotional, and behavior patterns, including suicidal and/or self-harming behaviors.	11 half training days, up to 18 months of weekly consultation; ONLY agency participation
YPT Youth-PTSD Treatment	Children and adolescents aged 7-18 One 60 minute session per week for 12 sessions	A therapy to treat children and adolescents with PTSD and trauma-related symptoms.	1 day of training, up to 6 months of weekly consultation; individual and agency participation
Triple P - Level 4 Positive Parenting Program	For parents and caregivers of children/adolescents aged 0-12 2-3 months	A program that helps parents learn strategies that promote social competence and self-regulation in children as well as decrease problem behavior.	Up to 3 months of training, individual and agency participation