

# TF-CBT Senior Leadership Meeting #3

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***Center for Evidence to Practice***

Wednesday, June 10, 2025

12:00PM-1:00PM CDT

**LSU Health**  
NEW ORLEANS  
School of Public Health

 **LOUISIANA**  
**DEPARTMENT OF HEALTH**

# Welcome! Who is on the call?

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- *Name*
- *Agency & Role*
- *How many clinicians are you supporting in this TF-CBT cohort and **WHO are they?***
- *What are you looking forward to this summer?*



# Meet the Trainer

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*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.*

# Overview

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- Feedback from Learning Session 2
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- TF-CBT Certification Process
- Common COWs of TF-CBT Implementation
- TF-CBT Agency Support
- Future Call Schedule & Survey for Feedback

# What is one take-away from LS2?

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*“That TF-CBT is an amazing tool to use for kid[s].”*

**-TF-CBT LS2 Trainee Evaluation Feedback**

*“It's hard to decide on just one; I feel like just having more insight into TF-CBT for children/adolescents as a whole was enlightening. The additional resources---including the presenter's real-world examples, the informative handouts, supportive websites, the textbook, and the ability to discuss certain things among the peer group all gave me tools and tips to take with me in the future.”*

**-TF-CBT LS2 Trainee Evaluation Feedback**

*“Don't ask what's wrong with me, ask what happened to me.”*

**-TF-CBT LS2 Trainee Evaluation Feedback**

*“I enjoyed the sharing session and [hearing] how other clinicians are going through the treatment components.”*

**-TF-CBT LS2 Trainee Evaluation Feedback**

# 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.

## **PRAC:** Coping Skills Phase

- P:** Psychoeducation
- P:** Parenting Skills
- R:** Relaxation Skills
- A:** Affective Modulation Skills
- C:** Cognitive Coping Skills

## **T:** Trauma Narrative and Processing Phase

- T:** Trauma Narrative and Processing

## **ICE:** Treatment Consolidation and Closure Phase

- I:** In vivo Mastery of Trauma Reminders
- C:** Conjoint Youth-Caregiver Sessions
- E:** Enhancing Safety

# Who is TF-CBT Appropriate For?

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- 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?

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

# The remainder of TF-CBT training:

- **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
  - That is ongoing and trainees are engaging in calls
- Present **one (1) TF-CBT case** & graduate at least **three (3) TF-CBT cases** using the model



# TF-CBT Consultation Call Schedule – Cohort 9

➤ If you would like to view when your clinician(s) are participating in TF-CBT consultation, please access it by [clicking here!](#)

➤ *The call schedule includes dates from December 2024-November 2025*

TF-CBT CONSULTATION CALL SIGN UP - COHORT #9			
MAXIMUM 10 TRAINEES PER CALL GROUP			
<p><i>This sign-up is for the group consultation calls for TF-CBT Trainees Learning Collaborative #9 who participate in Learning Session 1 on November 12-14, 2024, and Learning Session 2 on February 26-27, 2025. Consultation calls will continue for the next year (November 2024-November 2025).</i></p>			
<b>DIRECTIONS:</b>			
1. You must sign up for <b>ONE (1)</b> consultation group.			
2. Please select the <b>\$AME</b> consultation call group color for the entire year. You cannot switch between groups unless you confirm doing so with Kelly directly.			
3. <b>DO NOT ADD AN EXTRA LINE TO FIT IN YOUR NAME - GROUPS OF 10 PEOPLE MAX.</b>			
4. If you cannot make a year-long call group schedule work given the dates/times, please email a fellow trainee to see if they can switch call groups with you.			
5. You <b>MUST attend 9/12 consultation calls</b> to apply for TF-CBT Certification through the <b>TF-CBT National Therapist Certification Program.</b>			
6. You <b>MUST present ONE (1) TF-CBT Case</b> to Kelly during the TF-CBT Consultation call period.			
7. You <b>MUST complete THREE (3) TF-CBT Cases</b> and <b>two (2) of them with Caregiver involvement</b> and attest to this for National TF-CBT Certification.			
8. Have questions regarding the TF-CBT consultation calls? Please direct your questions to: <a href="mailto:ifcbtpresentations@gmail.com">ifcbtpresentations@gmail.com</a> (if you don't get a response, bring it to the next call)			
Call Group Color:	CALL GROUP A	CALL GROUP B	CALL GROUP C
<b>CALL GROUP A: CALL SCHEDULE</b>			
SELECT TIMES FROM THE <b>\$AME</b> COLOR GROUP.			
GROUP A: Once a month on the <b>FIRST TUESDAY</b> from 11:00am-12:00pm CDT			
SESSION	DAY	DATE	TIME
1	Tuesday	December 3, 2024	11:00AM 12:00PM CST
2	Tuesday	January 7, 2025	11:00AM 12:00PM CST
3	Tuesday	February 4, 2025	11:00AM 12:00PM CST
4	Tuesday	March 4, 2025	11:00AM 12:00PM CST
5	Tuesday	April 1, 2025	11:00AM 12:00PM CDT
6	Tuesday	April 29, 2025	11:00AM 12:00PM CDT
7	Tuesday	June 3, 2025	11:00AM 12:00PM CDT
8	Tuesday	July 1, 2025	11:00AM 12:00PM CDT
9	Tuesday	August 26, 2025	11:00AM 12:00PM CDT
10	Tuesday	September 2, 2025	11:00AM 12:00PM CDT
11	Tuesday	October 7, 2025	11:00AM 12:00PM CDT
12	Tuesday	November 4, 2025	11:00AM 12:00PM CST
<b>CALL GROUP A: SIGN-UP</b>			
SELECT TIMES FROM THE <b>\$AME</b> COLOR GROUP.			
Date and Time	Once a month on the <b>FIRST TUESDAY</b> from <span style="float:right">Time Zone Converter</span>		
Facilitator	Kelly Wilson		
Email Form to	<a href="mailto:ifcbtpresentations@gmail.com">ifcbtpresentations@gmail.com</a>		
Case Presentation Form	<a href="#">TF-CBT Clinical Case Presentation Form</a>		
Zoom Link	<a href="https://us02web.zoom.us/j/82078887969">https://us02web.zoom.us/j/82078887969</a>		
Type your name and email below to reserve your spot.			
# Available:	Name:	Email Address:	
1	Jesse Gladney	<a href="mailto:jesse.gladney@ochsner.org">jesse.gladney@ochsner.org</a>	
2	Ashlyn Feltner	<a href="mailto:ashlync172@gmail.com">ashlync172@gmail.com</a>	
3	Britt Johnson	<a href="mailto:bjohnsen@childrensbureau.illinois.org">bjohnsen@childrensbureau.illinois.org</a>	
4	Kenya Lavergne	<a href="mailto:kenyamom@gmail.com">kenyamom@gmail.com</a>	
5	Tanya Baham	<a href="mailto:Cbhccbr@gmail.com">Cbhccbr@gmail.com</a>	
6	Amanda Campos	<a href="mailto:amandasac@thrivetherapy.me">amandasac@thrivetherapy.me</a>	
7	Victoria Lewis	<a href="mailto:valewisw@yahoo.com">valewisw@yahoo.com</a>	
8	Daniala Del'osh	<a href="mailto:danialadedelosh2412@gmail.com">danialadedelosh2412@gmail.com</a>	
9	Kiana Washington	<a href="mailto:kwaga1fpo@gmail.com">kwaga1fpo@gmail.com</a>	
10	Janne Benoit	<a href="mailto:jbenoit@unica.org">jbenoit@unica.org</a>	
<b>CALL GROUP B: CALL SCHEDULE</b>			
SELECT TIMES FROM THE <b>\$AME</b> COLOR GROUP.			
Group B: Once a month (generally) the <b>FIRST WEDNESDAY</b> from 10:00AM-11:00AM CDT (Unless highlighted in YELLOW)			
SESSION	DAY	DATE	TIME
1	Wednesday	December 4, 2024	10:00AM 11:00AM CST
2	Wednesday	January 8, 2025	10:00AM 11:00AM CST
3	Wednesday	February 5, 2025	10:00AM 11:00AM CST

# 24-25 TF-CBT Training Cohort 9 Dates

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

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:

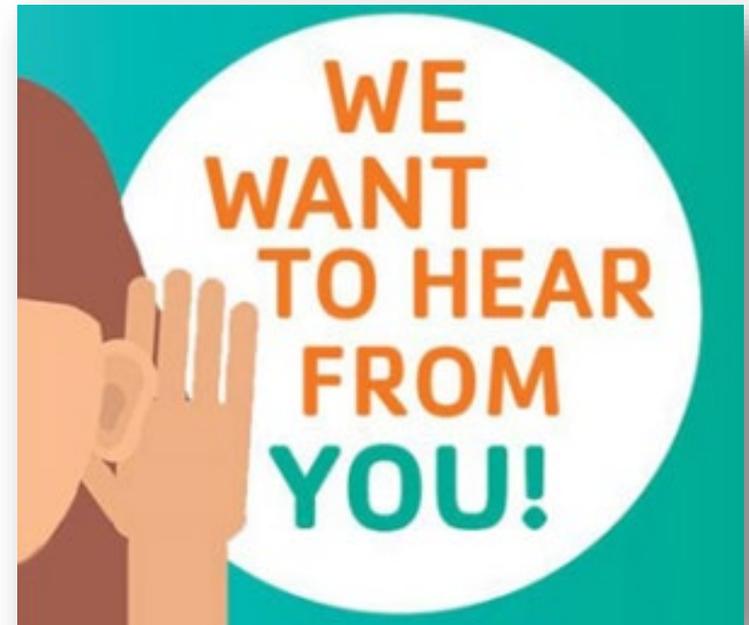
- *Attend all virtual training dates*
  - Cannot miss more than 30 minutes of training
  - The camera **MUST BE ON** during the whole training
  - Engage as if you were in a training room
- *Use standardized trauma assessment measures*
- *Attend 9/12 calls consultation calls*
- ***Present one (1) TF-CBT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

## 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/>

# How are your clinician(s) doing?

- ***Hearing the steps towards completion and certification:***
  - *Share how your clinician(s) are doing? How can the Center help your clinicians cross the finish line?*
- ***Let's help each other:***
  - *What are you doing at your agency?*



# TF-CBT Agency Support

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

# Common COWs of TF-CBT Implementation

## Clinicians:

- Cherry Picking: Waiting for the perfect case
- Only taking 1-2 cases
- Not preparing for sessions
- Attending by not participating in consultation calls
- Not seeking consultation when having difficulty with a case
- Not tracking case progress

## What it Looks Like:

- “I don’t have any cases appropriate for TF-CBT.”
- “I explained the model, but the child and/or family was not interested.”
- “I didn’t have time to prepare for the session because.....”
- “I tried to do TF-CBT but the case has too many COWs”
- Catching up on notes, driving, or watching Tik Tok while in consultation meeting.”
- “I’m not sure where I am in the model”

# Common COWs of TF-CBT Implementation

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## Senior Leaders:

- Not leading regular team meetings
- Losing focus and not staying up-to-date on team participation
- Not using metrics to identify barriers to implementation
- Failing to recognize and celebrate successes

## What it Looks Like:

- “We couldn’t find a time when everyone could meet.”
- “This pressing matter came up, so.....”
- Not reporting metrics back to the team

# GOAL: Obtain TF-CBT Certification!

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

[https://laevidencetopractice.com/wp-content/uploads/2023/11/EBP-Qualification-and-Billing-Guide\\_Updated\\_11.9.23\\_FINAL.pdf](https://laevidencetopractice.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?

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

<https://tfcbt.org/>



# TF-CBT Senior Leadership Call 4-Part Series

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## Upcoming TF-CBT Senior Leadership Meetings:

- ~~1. Senior Leadership 1: Monday, Nov. 4, 2024 from 12pm-1pm~~
- ~~2. Senior Leadership 2: Tuesday, Feb. 4, 2025 from 12pm-1pm~~
- ~~3. Senior Leadership 3: Wednesday, June 11, 2025 from 12-1pm~~
- 4. Senior Leadership 4: Tuesday, September 9, 2025 from 12-1pm**

- To register for the next meeting, click here: [Meeting Registration – Zoom](#)

# We want to hear from you!

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



# Questions:

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# Contact Information:

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***Center for Evidence to Practice***

**Email: [EvidenceToPractice@lsuhsc.edu](mailto:EvidenceToPractice@lsuhsc.edu)**

**Phone: (504) 568-5731**