

TF-CBT Senior Leadership Meeting #1 – Cohort 10

Center for Evidence to Practice

Tuesday, September 16, 2025

12:00PM-1:00PM CDT

LSU Health
NEW ORLEANS
School of Public Health

 **LOUISIANA
DEPARTMENT OF HEALTH**

Welcome! Who is on the call?

- *Name*
- *Agency, Role & Location*
- *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 10 Training Dates
- TF-CBT Certification Process
- TF-CBT Agency Support
- Questions & Answers

Meet the Trainer



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.

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.”

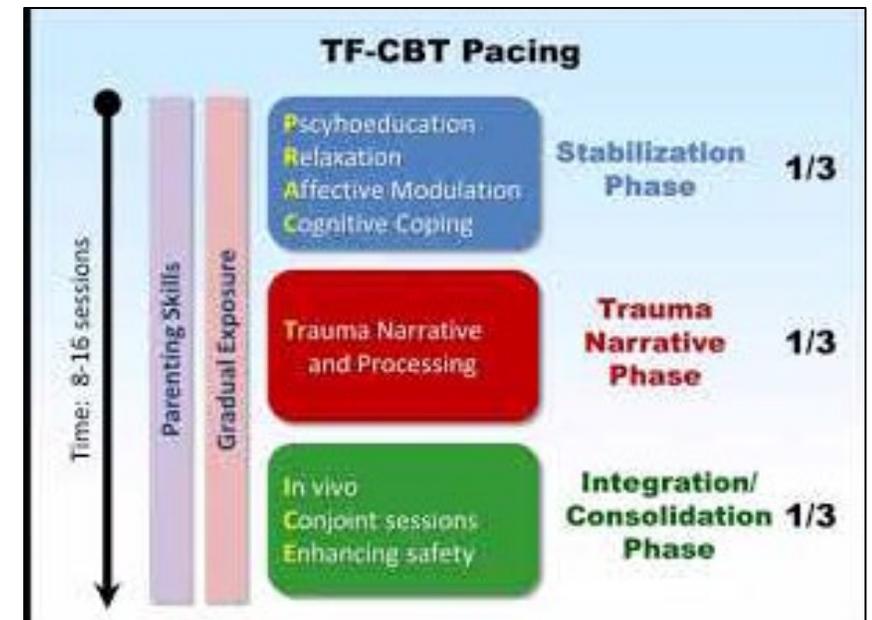
-TF-CBT Trainee Evaluation Feedback

“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

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

How is TF-CBT training structured?

- By **Monday, October 27, 2025**: 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, September 30, 2025: 8:00am-12:00pm**
- **Learning Session 1 (Basic Training): October 28-30, 2025, 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 10-11, 2026, 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>Event</u>	<u>Timeline</u>
TF-CBT Training Commitment and Textbook Request form Due	Friday, September 12, 2025
TF-CBT Agency Leadership Meeting #1	Tuesday, September 16, 2025, from 12-1pm CDT
MANDATORY Assessment Training	Tuesday, September 30, 2025, from 8am-12pm CDT
11-hr TF-CBT Web 2.0 Certificate Due	Monday, October 27, 2025
TF-CBT Learning Session 1	Tuesday-Thursday, October 28-30, 2025, 9am-4:30pm CDT
Learning Session 1 CE Eval Deadline	Thursday, November 6, 2025
TF-CBT Agency Leadership Meeting #2	Tuesday, December 9, 2025, from 12-1pm CST
TF-CBT Learning Session 2	Tuesday-Wednesday, February 10-11, 2026, 9am-4:30pm CST
Learning Session 2 CE Eval Deadline	Wednesday, February 18, 2026
TF-CBT Agency Leadership #3	Tuesday, March 3, 2026, from 12-1pm CST
TF-CBT Agency Leadership #4	Tuesday, June 9, 2026, from 12-1pm CDT
Consultation Call Commitment (finalized during LS1)	Monthly 1-hr Consultation Calls for 12 months

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 Cohort 9 Progress & Success!

- ❑ 15 Agencies within Louisiana providing TF-CBT!
- ❑ 20 Clinicians
- ❑ **14 clinicians 'Meet Criteria' or 'Can Meet Criteria within a Month' for TF-CBT Certification!**
- ❑ 3 clinicians In Progress Towards Criteria
- ❑ 3 clinicians have dropped

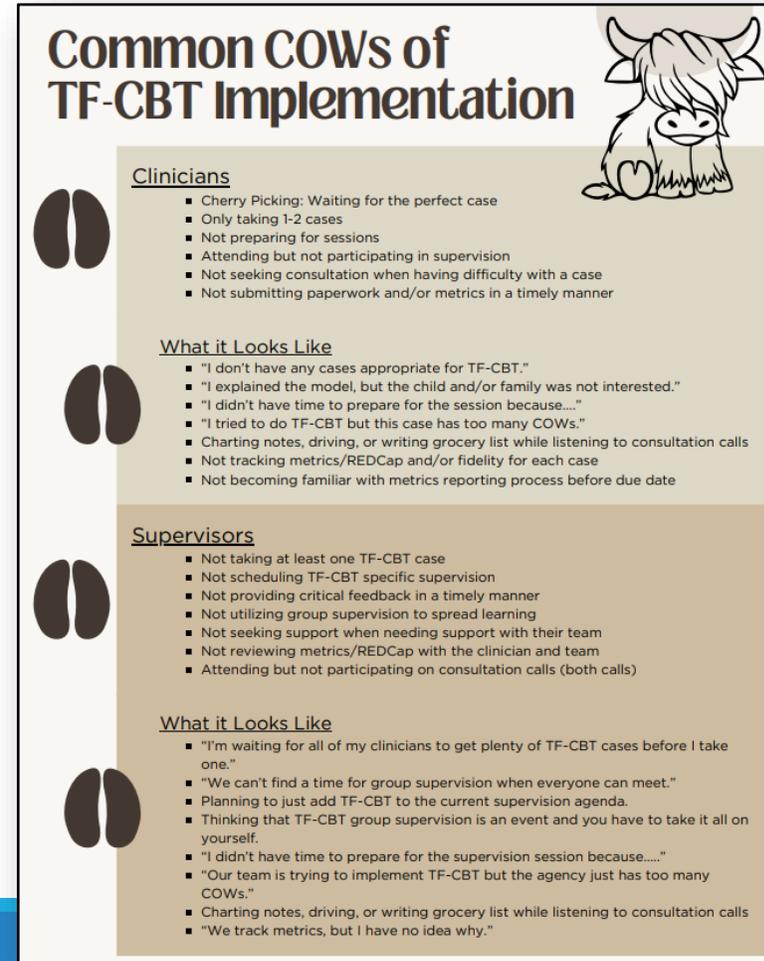


TF-CBT Agency Support

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

Common COWs of TF-CBT Implementation

➤ To review some *barriers to TF-CBT implementation*, please access [THIS LINK: Copy of Common Cows of TF-CBT Implementation](#)



Common COWs of TF-CBT Implementation



Clinicians

- Cherry Picking: Waiting for the perfect case
- Only taking 1-2 cases
- Not preparing for sessions
- Attending but not participating in supervision
- Not seeking consultation when having difficulty with a case
- Not submitting paperwork and/or metrics in a timely manner

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 this case has too many COWs."
- Charting notes, driving, or writing grocery list while listening to consultation calls
- Not tracking metrics/REDCap and/or fidelity for each case
- Not becoming familiar with metrics reporting process before due date

Supervisors

- Not taking at least one TF-CBT case
- Not scheduling TF-CBT specific supervision
- Not providing critical feedback in a timely manner
- Not utilizing group supervision to spread learning
- Not seeking support when needing support with their team
- Not reviewing metrics/REDCap with the clinician and team
- Attending but not participating on consultation calls (both calls)

What it Looks Like

- "I'm waiting for all of my clinicians to get plenty of TF-CBT cases before I take one."
- "We can't find a time for group supervision when everyone can meet."
- Planning to just add TF-CBT to the current supervision agenda.
- Thinking that TF-CBT group supervision is an event and you have to take it all on yourself.
- "I didn't have time to prepare for the supervision session because..."
- "Our team is trying to implement TF-CBT but the agency just has too many COWs."
- Charting notes, driving, or writing grocery list while listening to consultation calls
- "We track metrics, but I have no idea why."

GOAL: Obtain TF-CBT Certification!

Trauma-Focused Cognitive Behavior Therapy (TF-CBT) – Tracking Code EB07: *Healthy Blue & United Healthcare*
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?

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

<https://tfcbt.org/>



***FUTURE* TF-CBT Senior Leadership Call 4-Part Series**



Upcoming TF-CBT Senior Leadership Meetings:

- ~~1. Agency Leadership 1: Tuesday, Sept. 16, 2025, from 12pm-1pm~~
2. Agency Leadership 2: Tuesday, Dec. 9, 2025, from 12pm-1pm
3. Agency Leadership 3: Tuesday, March 3, 2026, from 12-1pm
4. Agency Leadership 4: Tuesday, June 9, 2026, from 12-1pm

[CLICK HERE](#) to access TF-CBT Cohort 10's Leadership Webpage to register for all of these meetings! You can also click this link: [TF-CBT Leadership Meetings Cohort 10 » Center for Evidence to Practice](#)

We want to hear from you!

- Let us know what would be most helpful/beneficial during these calls!
- Feedback can be provided here:
 - <https://redcap.link/ebpleadership>



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Questions:

