

# Preschool/Youth PTSD Treatment (PPT/YPT) Informational Webinar

---

*Center for Evidence to Practice*

Thursday, January 22, 2026

12:00PM-1:00PM CST

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

The logo for the Louisiana Department of Health, featuring a stylized cross made of four colored squares (blue, yellow, teal, and purple) on the left and the text "LOUISIANA DEPARTMENT OF HEALTH" on the right.

LOUISIANA  
DEPARTMENT OF HEALTH

# Overview

---

- The Why
- Meet the PPT/YPT Trainer
- What is PPT/YPT
- Training Approach
- Participation in this Initiative
- Training Dates & Application Process
- Questions & Answers

# Why is this work important?

---

*“This training was beneficial, and I appreciate the holistic approach.”*

**-PPT/YPT Trainee Evaluation Feedback**

*“This was excellent and I'm excited to get started!”*

**-PPT/YPT Trainee Evaluation Feedback**

*“I really enjoyed this training and learning about PTSD and how to treat it with the population I serve.”*

**-PPT/YPT Trainee Evaluation Feedback**

*“I really enjoyed the training and found it to be incredibly informative. The content was engaging, and I believe it will be highly beneficial for the population we serve. It provided valuable insights and practical strategies that will help improve treatment outcomes. I'm excited to apply what I've learned and see the positive impact it can have.”*

**-PPT/YPT Trainee Evaluation Feedback**

# Devi Miron Murphy, PhD

---

## Associate Professor of Psychiatry

*Youth PTSD Treatment (YPT) &  
Preschool PTSD Treatment (PTSD)*

Dr. Murphy's clinical interests are psychotherapy and psychological assessment with youth and families. Specifically, her clinical activities include the assessment and treatment of young children and families who have experienced trauma, such as abuse, neglect, or exposure to domestic violence. She is also interested in the evaluation and treatment of attachment disruptions. Dr. Murphy's research interests include investigating long-term social, emotional, and cognitive outcomes in children who have had traumatic experiences and promoting sensitive caregiving for young children in foster care. She also provides training in evidence-based treatments for children and adolescents, as well as consultation with New Orleans area public schools.



# CBT is Effective for Treating PTSD

---

For a wide individuals with a wide range of traumas, from different ethnicities/cultural backgrounds, living situations

In adults

In children

In children as young as 3 years old

- Parent involvement is essential

# Model Overview

---

12 sessions

1,2, 12 with child and caregiver together

3-11, primarily child, check ins with caregiver

1-4 Rapport building, addressing defiance, identifying feelings, developing coping skills

5 Tell the whole story of the trauma

6-10 Exposure sessions

11 Relapse prevention

12 Graduation

# YPT/PPT Overview, cont.

---

Addresses trauma and PTSD symptoms directly

Techniques include emotion regulation/coping, cognitive restructuring, narrative

Helpful to have a CBT background, trauma background,

- Comfort and experience with working with young children (for PPT training)

# Session 1: Psychoeducation & Rapport Building

---

Parent and child together as usual

Materials needed:

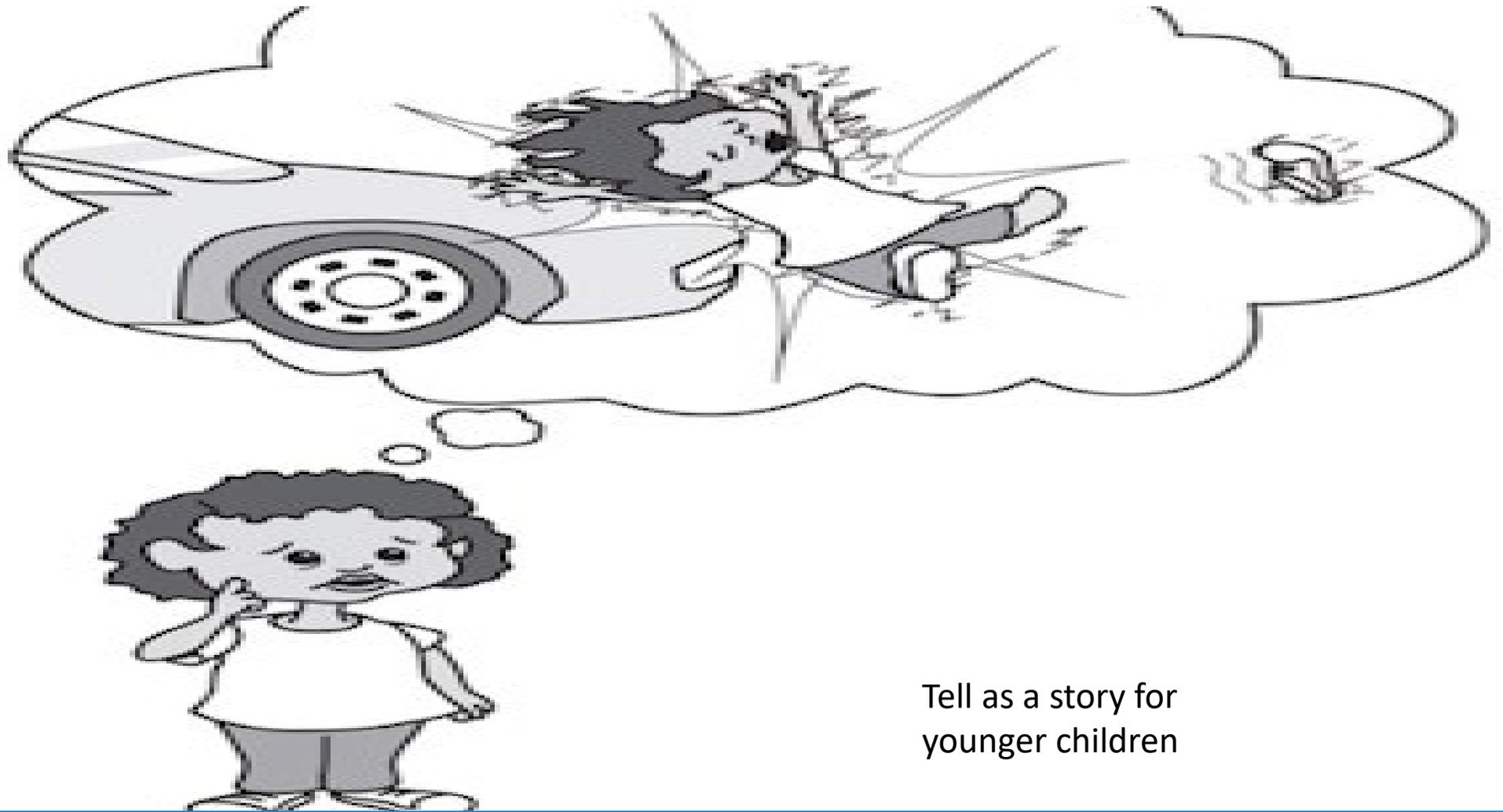
- 2 folders/binders
- Pens/markers/crayons
- Stickers
- Handouts

Ages 3-6

- Make up a story about child with symptoms using pictorial aids

Ages 7-17

- Could make up a game using symptoms (Jeopardy questions, etc.)



Tell as a story for  
younger children



Nightmares



Distress at reminders



Happy girl following  
therapy

# Session 1: Rapport Building

---

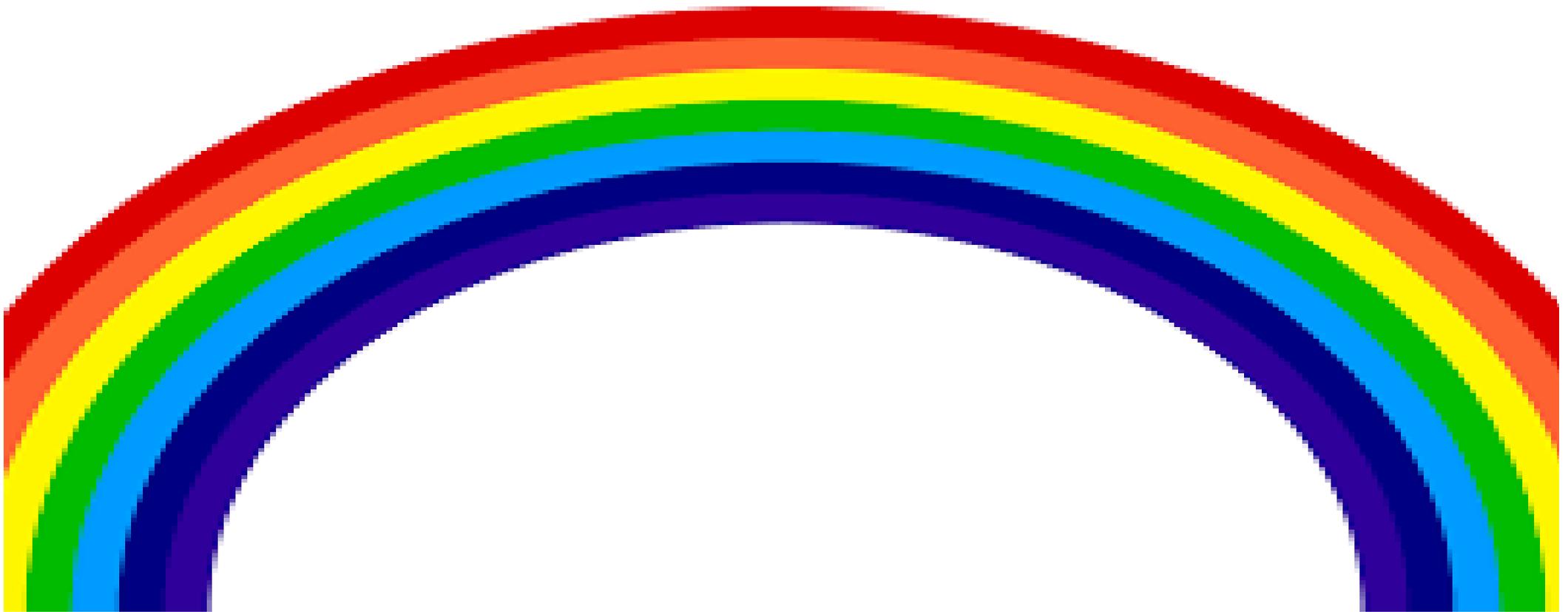
Decorate Roadway Book cover with paper

Complete About You worksheet

# MY STORY of WHAT HAPPENED

By Jasmine

---



# Jasmine

I AM 9 YEARS OLD

I AM IN 4th GRADE

MY SCHOOL IS New Orleans Elementary

I LIVE WITH Mom, Dad, sister, puppy

FOR FUN, I LIKE TO jump rope, watch TV

ONE WORD THAT DESCRIBES ME IS special

THE EVENT THAT HAPPENED TO ME IS  
I got hit by a car and had to go to the hospital.

# Session 2: Oppositional Defiance

---

Parent and child together as usual

Parenting tips available at [nctsn.org](http://nctsn.org) among other websites

- E.g., sticking with routines, helping children cope etc.

Materials needed:

- Handouts
- Sticker chart should be visual reminder for child and caregiver

Develop behavior reward plan

# Session 3: Feelings

---



See child individually

Materials Needed

Feelings identification

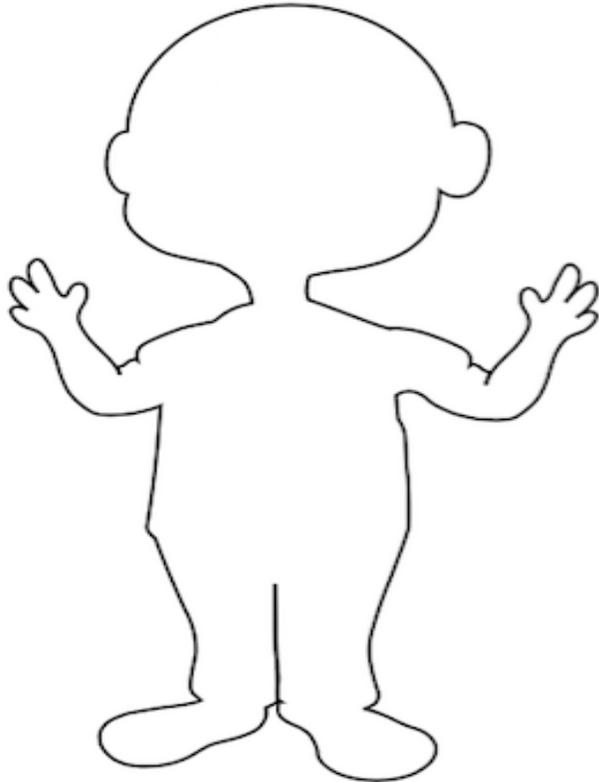
- Ages 3-6
- Ages 7-17
  - Could make up a game about feelings (Jeopardy questions, etc.)

# Session 3: Feelings in My Body

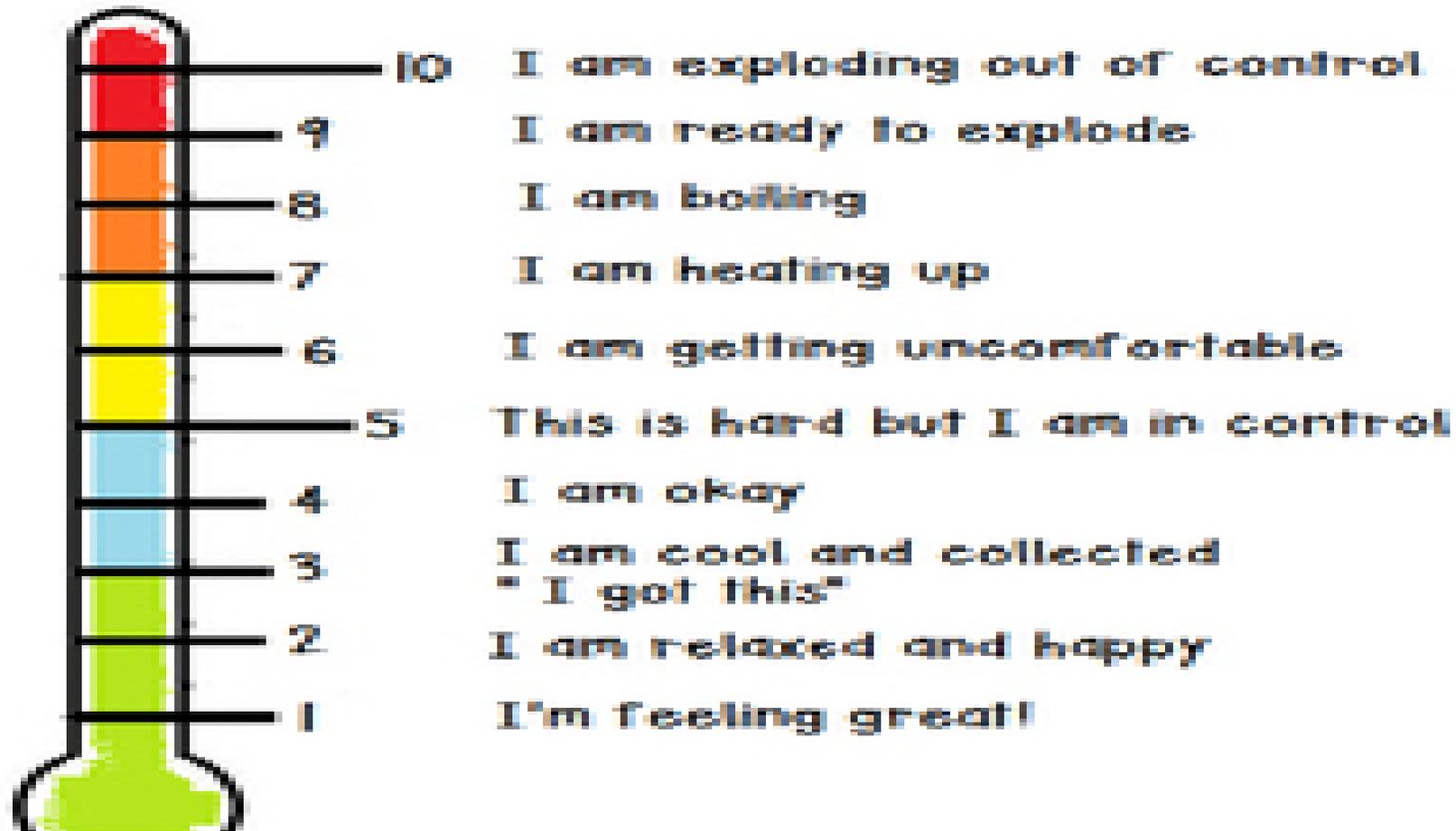
---

## Feelings in My Body

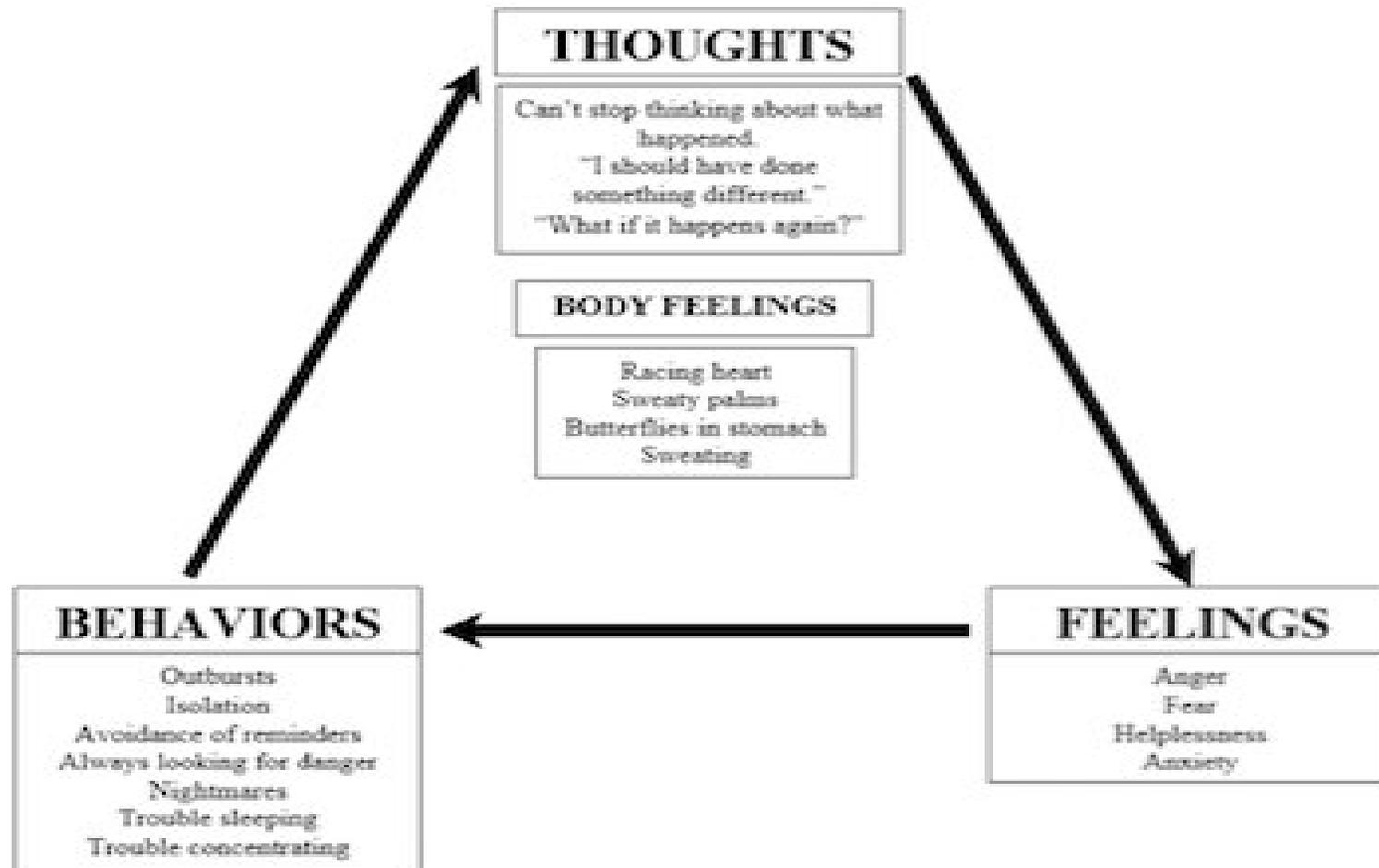
Draw the feelings in your body.



- Help child identify happy/sad/mad/scared in their body
- Can use big paper to trace body of young child



## Session 3: Feelings thermometer



## Session 3: Cognitive Triad (age 7+)

# Session 4: Coping Skills

---

- Deep Breathing
- Muscle Relaxation
- Happy place imagery



# Session 5: Tell the Story

---

Consider whether caregiver should be present

Prepare caregiver for how they will respond to trauma story

Plan for child to do a relaxing activity after session

WHAT HAPPENED:

---

---

---

---

---

---

---

---

---

WHEN:

WHO:

WHERE:

SEE:

HEAR:

SMELL:

Session 5:  
Hierarchy

MOST SCARY REMINDER

ALMOST THE MOST SCARY

MEDIUM SCARY REMINDER

MEDIUM SCARY REMINDER

NOT TOO SCARY REMINDER

# Session 6-10: Exposures

---

Draw, Write or Talk about one part of the story each session from least anxiety provoking to most

Baseline rating, exercise, rate again, expose, rate, exercise, rate again

# Session 6-10: Cognitive Restructuring (ages 7+)

## Session 6: Inaccurate Thought

The thought: \_\_\_\_\_

Evidence For	Evidence Against

Conclusion: \_\_\_\_\_

## Session 6: Changing My Thoughts

The thought: \_\_\_\_\_

Ways this thought helps me:	Ways this thought doesn't help me:

This thought is true because:	This thought is false because:

Session 6: MY Safety Plan



**Danger Signs**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*MY Safety Plan:*



# Session 11: Relapse Prevention

---

Child draws self and trauma reminder in near future and as adult

Plan for graduation (special snack, music, who will attend etc.)

Discuss future therapy plan

# Session 12: Graduation

---

Celebrations are meaningful

Review Roadway Book together

Give client a copy of book

Ask caregiver to have special snack available

Send child certificate with your signature

# How is PPT/YPT training structured?

---

**1. PPT/YPT 8-Hour Training Day – 1 full day conducted via Zoom:  
Monday, March 16, 2026, from 8:30am-4:30pm**

**2. Weekly Consultation Calls (1 hour per week for 3-6 months,  
Date/Time TBD): Post-training consultation support**

- Groups of 5 clinicians gather via Zoom to discuss current cases, any process issues that arise, and delve into the details of delivering PP/YPT with a wide variety of families. Consultations are conducted by Dr. Devi Murphy.

# Who can be trained in PPT/YPT?

---



*Further information will be accessible in the PPT/YPT Request for Application (RFA).*

## Training Acceptance Criteria for Qualified behavioral health agencies/providers:

- Who serve Medicaid-insured individuals and/or provide clinical therapy services to children and their caregivers in Louisiana free of charge
- **Licensed** (*or actively working towards licensure*)
- **Actively (currently) treating children and their caregivers**
- **Preference for organizations that have multiple practitioners applying to be trained**

# PPT/YPT Training Cohort Dates

<u>Events</u>	<u>Date</u>
TRAINING COMMITMENT & TEXTBOOK REQUEST FORM DUE:	Friday, March 6, 2026
PPT/YPT AGENCY LEADERSHIP MEETING #1:	Thursday, March 12, 2026, from 12-1pm CDT
PPT/YPT 8-HOUR TRAINING DAY:	Monday, March 16, 2026, from 8:30am-4:30pm CDT
TRAINING CE EVALUATION DUE:	<b>Monday, March 23, 2026</b>
PPT/YPT AGENCY LEADERSHIP MEETING #2:	Thursday, April 16, 2026, from 12-1pm CDT
PPT/YPT AGENCY LEADERSHIP MEETING #3:	Thursday, June 25, 2026, from 12-1pm CDT
CONSUTATION CALL COMMITMENT:	1-hr Weekly calls for 6 months

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



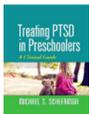
# PPT/YPT Application Materials:

## Request for Application (RFA)

**REQUEST FOR APPLICATIONS**

For  
Preschool PTSD Treatment/Youth PTSD Treatment (PPT/YPT)  
Training and Implementation Services

Learning Collaborative for Louisiana Medicaid Behavioral Health Agencies



Issued by  
LSUHSC-NO, School of Public Health- Center for Evidence to Practice



Application Release Date: Friday, January 23, 2026  
**APPLICATIONS MUST BE RECEIVED BY THURSDAY, FEBRUARY 19, 2026**  
All applicants will be notified by Wednesday, February 25, 2026

Please direct questions to the Center for Evidence to Practice at [EvidencetoPractice@lsuhsc.edu](mailto:EvidencetoPractice@lsuhsc.edu)

## Agency Agreement

**Preschool and Youth PTSD Treatment (PPT/YPT)  
Agency Agreement**

*Upon completion of this agreement, please submit a signed copy with your REDCap application by THURSDAY, FEBRUARY 19, 2026.*

**ORGANIZATION INFORMATION**

NAME OF APPLICANT AGENCY \_\_\_\_\_  
AGENCY STREET ADDRESS \_\_\_\_\_  
CITY, STATE, AND ZIP CODE \_\_\_\_\_  
AGENCY NPI \_\_\_\_\_

**TIME COMMITMENT**

The Center for Evidence to Practice will be sponsoring the PPT/YPT training. The applicant(s) agency must support the practitioner(s) ability to commit to participating in an 8-hour training day and weekly 1-hour consultation calls for up to 3-6 months.

**PLEASE CHECK OFF EACH BOX BELOW TO VERIFY PARTICIPATION FROM YOUR PRACTITIONERS:**

**VIRTUAL 8-HOUR TRAINING DAY**, Monday, March 16, 2026, from 8:30am-4:30pm CDT

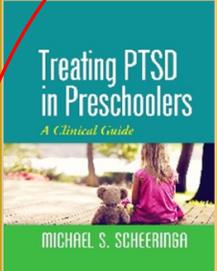
**CONSULTATION CALLS**, Attend weekly 1-hour consultation calls with Dr. Devi Murphy for up to 3-6 months following the March 16<sup>th</sup> training day.

**PRACTITIONERS APPLYING FOR PPT/YPT TRAINING**  
Please make sure each clinician listed below also fills out a [PPT/YPT Application](#). This is **REQUIRED** for the agency/practitioner to be considered for this training opportunity.

Name	Role (Supv, Supervisor, etc.)	License Type (LIC, LCSW, etc)	Email Address

Page 1 of 3

## Trainee Application



**Preschool and Youth PTSD Treatment (PPT/YPT) Application for Cohort 6**

Please complete the application below.

Page 1 of 9

**PPT/ YPT APPLICATION INSTRUCTIONS**

The PPT/YPT online training is scheduled for Spring 2026. The course instructor is **Devi Miron Murphy, PhD** for this training opportunity.

The training application requires TWO (2) FORMS to be completed for EVERY APPLICANT: the PPT/YPT Application AND the [Agency Agreement](#).

Please review the PPT/YPT Request for Applications (RFA) in its entirety for complete details about the training before completing an application\*

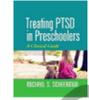
You can click here to access the [PPT/YPT RFA](#).

Next Page >>

## Training Commitment

**Preschool PTSD Treatment/Youth PTSD Treatment (PPT/YPT)  
Training Commitment**

Online Learning Collaborative  
For Louisiana Medicaid Providers Serving Children and Families



Sponsored by the Center for Evidence to Practice.



Facilitated by Dr. Devi Miron Murphy, Ph.D.  
Tulane Department of Psychiatry and Behavioral Sciences



1

The PPT/YPT application materials are accessible and will close on **Thursday, February 19, 2026.**

# Application Process:

---

- The application materials are accessible today and the following is needed:
- 1) TRAINEE APPLICATION** is completed online through RedCap, and **MUST** be submitted by **THURSDAY, FEBRUARY 19, 2026**.
  - 2) AGENCY AGREEMENT** is **REQUIRED** and uploaded **WITH** the Trainee Application by **THURSDAY, FEBRUARY 19, 2026**.

*Applicants will be notified by **WEDNESDAY, FEBRUARY 25, 2026**, regarding their application status.*

# How do I achieve PPT/YPT Advanced Trained?

---

- *Attend virtual training date – Monday, March 16, 2026, from 8:30am-4:30pm CT*
  - The camera **MUST BE ON** during the whole training
  - Engage as if you were in a training room
  - Follow the [Center Training Expectations & Guidelines](#)
- *Attendance at **weekly 1-hour group consultation calls**, present case and receive consultation for at least 12 weeks.*
- **Complete one PPT and/or YPT case.**
  - If you complete a case with a child 3-6 years old, you will receive a certificate of completion for PPT Advanced Training.
  - If you complete a case with a youth 7-17 years old, you will receive a certificate of completion for YPT Advanced Training.
- *Share your PPT and/or YPT Advanced Trained Certification with your MCOs entities!*
- *Submit your information on our [EBP Map Webpage!](#)*

# Agency Leadership Support

---

- **PPT/YPT Agency Leadership Meeting #1:**
  - **Thursday, March 12, 2026, from 12:00pm-1:00pm**
  - **Meeting #2: Thursday, April 16, 2026, from 12:00pm-1:00pm**
  - **Meeting #3: Thursday, June 25, 2026, from 12:00pm-1:00pm**
  
- **Meeting Intention & Vision:**
  - Provide an overview of PPT/YPT training modality and successful implementation
  - Agency Leadership considerations to support PPT/YPT clinicians
    - (some) topic discussions – scheduling, advertisements, caseload, referral pathways
  - Planning & preparation to get trainees to become **PPT and/or YPT Advanced Trained!**

# GOAL: Obtain PPT/YPT Advanced Trained

---

YPT Tracking Code – EB04 & PPT Tracking Code – EB05

*\*\*Currently **Healthy Blue & United Healthcare** offer a (small) rate increase\*\**

## **Qualification Standard**

“Advanced Training” certificate in Youth PTSD Treatment, or Preschool PTSD Treatment

## **Qualification Documentation**

Certificates of Completion of Advanced Training in Youth PTSD Treatment and/or Preschool PTSD Treatment issued by Tulane University School of Medicine OR inclusion on the registry of PPT / YPT certified providers having completed Advanced Training.

## **Additional Information**

The YPT / PPT trainer issues the certificate upon completion of the training and consultation requirements for Advanced Training and maintains a registry of all certified providers

<https://www.michaelscheeringa.com/tools.html>

# LDH Behavioral Health Services Provider Manual:

- Check out the [PPT/YPT Service Definition \(Pgs. 435-442\)](#) by the Louisiana Department of Health (LDH) – Louisiana Medicaid Program:

LOUISIANA MEDICAID PROGRAM	ISSUED:	12/16/25
	REPLACED:	10/01/24
<b>CHAPTER 2: BEHAVIORAL HEALTH SERVICES</b>		
<b>APPENDIX E-7: EVIDENCED BASED PRACTICES (EBPs) POLICY – PRESCHOOL PTSD TREATMENT AND YOUTH PTSD TREATMENT</b>		
		<b>PAGE(S) 8</b>

**PRESCHOOL POSTTRAMACTIC STRESS DISORDER TREATMENT AND YOUTH POSTTRAMACTIC STRESS DISORDER TREATMENT**

Preschool PTSD Treatment (PPT) and Youth PTSD Treatment (YPT) are cognitive behavioral therapy (CBT) interventions for posttraumatic stress disorder (PTSD) and trauma-related symptoms. PPT and YPT are adapted for different age groups:

1. PPT is used for children ages 3-6; and
2. YPT is used for children and youth ages 7-18.

PPT and YPT are models used within the service Outpatient Therapy by Licensed Practitioners, so follows the requirements set out in the “Outpatient Therapy by Licensed Practitioners” section of this manual.

**Evaluation of the Evidence Base for the Evidence-Based Practice Model**

Evaluation of the evidence-base for the PPT model has been conducted by national registries.

Preschool PTSD Treatment was accepted in 2012 in the National Registry of Evidence-Based Programs and Practices.

Preschool PTSD has received a California Evidence Based Clearinghouse (CEBC) Scientific Rating of 3-Promising Research Evidence by the CEBC: <http://www.cebc4cw.org/program/preschool-ptsd-treatment/>

**Target Population Characteristics**

PPT: Children ages 3-6 years old with posttraumatic stress symptoms.

YPT: Children and youth ages 7-18 years old with posttraumatic stress symptoms.

# Where can I Learn More?

---

- Access the resources available on Michael Scheeringa's website:
  - <https://www.michaelscheeringa.com/tools.html>



**MICHAEL SCHEERINGA**

HOME   TRAUMA DISPATCH   BOOKS   TOOLS   PUBLICATIONS   RESEARCH   CCA CLINIC   ABOUT

The registry of certified clinicians in Preschool PTSD Treatment (PPT) and Youth PTSD Treatment (YPT) can be downloaded here. *Last updated 9/12/2023.*

The PPT manual is available as a book, *Treating PTSD in Preschoolers: A Clinical Guide*, from Guilford Press (see the Books tab on this website).  
Twenty-one instructional videos to complement the book showing how to implement PPT techniques with very young children can be viewed on YouTube here.

Effectiveness and feasibility were demonstrated in a clinical trial (Scheeringa et al., 2011). PPT was recognized in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP) and the California Evidence-Based Clearinghouse.

Dr. Scheeringa has developed and validated many assessment and treatment tools, most of which are available free to download from the links below. If download links are not available, email Dr.

# Contact Information regarding the PPT/YPT Application:

---

***Center for Evidence to Practice***

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

Phone: (504) 568-5731

# What Questions Do You Have?

---



# References

---

1. Scheeringa, M. S. (2016). Treating PTSD in Preschoolers: A clinical guide. New York: Guilford Press.
2. Scheeringa, M. S. (2013). Youth CBT PTSD Treatment (YPT): A cognitive-behavioral therapy manual for posttraumatic stress disorder (Version 1.3).