



**TREATMENT  
COLLABORATIVE**  
FOR TRAUMATIZED YOUTH

# **Trauma-Focused Cognitive-Behavioral Therapy Treatment Training**

**Tricia Cook Myers, Ph.D.**

**March 5<sup>th</sup> - 6<sup>th</sup>, 2020  
Radisson – Fargo, ND**

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**Learning Collaborative Application Packet**

Thank you for your interest in the Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) Learning Collaborative! TCTY is dedicated to promoting the use of evidence-based trauma treatment and connecting providers to trainings that help them serve traumatized youth better. TCTY utilizes a Learning Collaborative approach to disseminate evidence-based mental health services for traumatized youth and their families.

TCTY has partnered with the North Dakota Department of Human Services Behavioral Health Division to address the need for training for providers working with traumatized youth. The purpose of this Learning Community is to provide therapists working with traumatized youth in-depth training and support to effectively utilize the TF-CBT treatment.

The TF-CBT Learning Collaborative will include a 2-day training with approved TF-CBT trainer Tricia Myers, Ph.D. (**March 5<sup>th</sup>-6<sup>th</sup>, 2020**) and monthly consultation calls with Dr. Myers and the TCTY Team. A major aim is for therapists to be able to implement and sustain TF-CBT and improve outcomes for youth and their families.

This Learning Collaborative is supported by funding through North Dakota Department of Human Services Behavioral Health Division. It is **Free of Charge** to participants. However, you will be responsible for the cost of the online pre-work training, transportation, lodging, and meals.

Training Location: **Radisson Hotel Fargo**  
**201 5<sup>th</sup> St N**  
**Fargo, ND, 58103**

If you are interested in participating, please complete and submit the application form.

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## Key Dates

**Application Due Date**  
Monday February 10<sup>th</sup>

**Acceptance Notification**  
Monday February 17<sup>th</sup>

**In-person Training**  
Thursday March 5<sup>th</sup>  
Friday March 6<sup>th</sup>

**Consult Calls**  
Bi-weekly  
April – September 2020

**12 hours CEUs!**

# Section 1

## Background and Overview

### About TF-CBT

TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma developed by Esther Deblinger, Judith Cohen and Anthony Mannarino. It is a components-based treatment that integrates trauma-sensitive interventions with cognitive-behavioral strategies to reduce emotional and behavioral symptoms.

- Structured short-term (4-6 months) therapy.
- Appropriate for children ages 3-18 who have experienced one or more traumatic events & are currently experiencing symptoms of post-traumatic stress.
- Parents are often the most important people in the child's life and the TF-CBT model encourages caregiver's active participation. If the parent is not able to participate (i.e. foster care), a stable caretaker who can support the child can participate.
- Therapist meets with the child each week and then with the caregiver to teach them ways to help their child at home.
- This treatment has been proven in research studies to be very effective in helping traumatized youth get better in a relatively short period of time.
- Research suggests that PTSD symptoms need to be addressed as early as possible to prevent long-term difficulties.
- The TF-CBT treatment model includes:
  - Education about trauma and common reactions
  - Help with parenting and behavior problems
  - Relaxation/stress management training
  - Learning about thoughts, feelings, and actions
  - Developing creative ways for youth to gradually tell their stories about what happened
  - Changing any unhelpful thoughts about the trauma
  - Family sessions to help the family talk together about the trauma
  - Learning and practicing safety skills
  - Talking about the trauma is done in a gradual, supportive manner (so that the child will be able to tolerate the discomfort associated with the discussion) and will not occur until the child has learned some skills to cope with the discomfort

### Learning Collaborative Training Program

The purpose of the Learning Collaborative Training Program is to bring together a group of providers who have a common interest in serving traumatized children and to provide them with in-depth training and support to implement the evidence-based treatment with fidelity.

# Learning Collaborative Training Program

## Training Program Includes:

- Two days of in-person training on TF-CBT with a national TF-CBT certified trainer (March 5th & 6th 2020).
- 12 60-minute consultation phone calls with the trainers over the course of six months. The consultation calls will include review and discussion of trainee cases.
- Consultation calls will be conducted in a group format and scheduled at the on-site training.
- Treatment materials, including the TF-CBT manual, session guide, study materials, worksheets for clients, and handouts to illustrate the concepts of TF-CBT.
- Membership in the Treatment Collaborative for Traumatized Youth (TCTY).
- Licensed Clinicians who complete all training requirements will be rostered on the TCTY website.
- CEU Credits for continuing education (approximately 10-12 hours).
- Certificate of completion of 2-day TF-CBT training and TF-CBT consultation calls, which are needed for National Certification.

## Training Program Structure

### 1. Pre-Work:

The purpose of pre-work activities is to ensure preparation for the in-person training by reviewing TF-CBT materials.

#### Requirements:

- ☐ Complete TF-CBT Online Training: <https://tfcbt2.musc.edu/> (\$30 to complete)
- ☐ Read assigned chapters from TF-CBT manual (provided by TCTY)

### 2. In-person Training: March 5-6, 2020

Participants will attend the two-day in-person training. The training will emphasize active learning.

### 3. Consultation Calls

Following the in-person training, there will be bi-weekly consultation calls for 6 months.

#### Requirements:

- ☐ Actively participate in consultation calls
- ☐ Attend at least 10 of the 12 consultation calls
- ☐ Complete two case presentations on the calls
- ☐ Complete TF-CBT with 3 children/adolescents
- ☐ Use at least one standardized instrument to assess TF-CBT treatment progress with each case (pre & post-tests) during the learning collaborative (these instruments will be provided)

# Eligibility Requirements and Participant Expectations



## **Eligibility Requirements**

1. Master's Degree or above in a mental health discipline
2. Professional license in home state, passed state licensing exam in your mental health discipline
3. 50% of caseload must be working with individuals who are between 3-18 years of age



## **Participant Expectations**

- ☐ **Complete** pre-work activities prior to the in-person training
- Attend** the 2-day in-person training and actively participate in learning opportunities
- Participate** in collaborative conference calls twice per month (2 presentations and 3 cases)
- Collect** and use metrics to help to assess progress and guide future improvements
- Participate** in program evaluation activities

## 2-Day Training Logistics

### **Location:**

Radisson Hotel 201 5th St. N Fargo, ND 58102

### **Date/Time:**

March 5<sup>th</sup> Registration 8-8:30am, Training 8:30am-4:30pm

March 6<sup>th</sup> Breakfast 8:30-9:00am, Training 9:00am-3:30pm

### **Cost:**

Tuition for this training is being sponsored by the North Dakota Department of Human Services –Behavioral Health Division. However, you will be responsible for the cost of the online pre- work training, transportation, lodging, and meals.

### **Accommodation:**

Room Block at Radisson Fargo (State and Federal Rates available)

Email [Marinda.Kurpius-brock@SanfordHealth.org](mailto:Marinda.Kurpius-brock@SanfordHealth.org) if you are in need of a room, so your information can be added to the rooming list

### **Meals and Snacks:**

A light breakfast, snacks, and beverages will be provided each day.

Lunch is on your own.

# Trainer and TCTY Team

## Trainer

### **Tricia Cook Myers, Ph.D**

Dr. Myers is a Licensed Psychologist and Division Chair of Sanford's Eating Disorder & Weight Management Center. Dr. Myers is an Adjunct Clinical Scientist at Sanford Center for Biobehavioral Research working with the Treatment Collaborative for Traumatized Youth on statewide implementation of evidence-based treatment in North Dakota. Dr. Myers received Train-the-Trainers training from the developers of two evidence-based treatments for traumatized youth, SPARCS and TF-CBT. Dr. Myers is a nationally certified TF-CBT trainer. She currently provides training and consultation to clinicians interested in using these techniques.

## TCTY Team

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Marinda Kurpius-Brock, M.Ed., LPC

TCTY Project Manager

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Nicola Herting, Ph.D., LP

TCTY Project Director, TCTY Trainer

[mhdirector@rrcac.com](mailto:mhdirector@rrcac.com)

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Stephen Wonderlich, Ph.D., LP

TCTY Director

# Section 2

## Application Form

### Instructions

- ❖ Answer *all* of the questions and sign the application.
- ❖ *Please be succinct* as the goal is to get a general sense of you and your organization, including experience in areas relevant to this Learning Collaborative.
- ❖ Please send completed application forms to [marinda.kurpius-brock@sanfordhealth.org](mailto:marinda.kurpius-brock@sanfordhealth.org) by 2/10/2020 to be considered for the 2020 training cohort.

### Participant/Organization Information:

Participant Name:

Job Title:

Credentials:

Years at current agency:

Organization:

Org. Mailing Address:

Work Phone Number:

Work Fax Number:

Work Email:

Personal Email:

Personal Phone Number:

### General Description:

Briefly describe your treatment setting including: type of organization; size; client population; key referral sources; and whether families come to the agency specifically to receive trauma-focused services.

Geographic Area Served (please list counties):

Services Provided:

Assessment Process (instruments, tools, protocol for service planning):

**Training and Experience:**

Years of experience in mental health treatment:

Have you attended a TCTY training before?

What other evidence-based treatments have you been trained in? Include the approximate year and locations of all in-person trainings and the name of the trainer. Note if it was a Learning Collaborative.

What percentage of your case load are children ages 3-18?

What percentage of your case load have experienced trauma?

**TF-CBT Training Goals:**

Please state why you would be a good candidate for TF-CBT training.



How do you hope this training will most benefit you, improve your clinical practice, and/or help you serve your clients?

Please describe any barriers or challenges you can foresee that would hinder provision of TF-CBT to youth in your setting?

Submission of this application with signatures indicates your willingness to fully participate in and comply with all requirements of the TF-CBT training set forth by TCTY and the ND Behavioral Health Division.

By signing this application, you understand that failure to comply with all training requirements means that you will not be issued a certification of completion and you will not be considered a rostered TF-CBT clinician in the State of North Dakota.

\_\_\_\_\_  
Clinician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Supervisor Signature

\_\_\_\_\_  
Date