

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)

2023 Learning Collaborative



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LEARNING COLLABORATIVE APPLICATION PACKET

THANK YOU FOR YOUR INTEREST IN THE 2023 TF-CBT LEARNING COLLABORATIVE!

The Treatment Collaborative for Traumatized Youth (TCTY) is dedicated to promoting the use of evidence-based treatments for psychological trauma and provides training on these interventions to help clinicians better serve traumatized youth. TCTY utilizes a learning collaborative model to disseminate evidence-based mental health services for traumatized youth and their families. A major aim for this training is for clinicians to be able to implement and sustain TF-CBT and improve outcomes for 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. Thanks to the support from the North Dakota Department of Human Services Behavioral Health Division, this training is free of charge to participants. However, you will be responsible for the cost of the required pre-work online training modules, and costs related to the in-person training, including transportation, lodging, and meals.

TCTY has partnered with the Telehealth Outreach Program for Traumatic Stress (TOP-TS), the NCTSN Category 2 Center on Telehealth from MUSC and the North Dakota Telehealth Outreach Program (ND TOP) to offer the Advanced TF-CBT over Telehealth component in our 2023 TF-CBT Learning Collaborative free of charge.

The TF-CBT Learning Collaborative will include:

- 2-day in-person training with certified national TF-CBT trainer Tricia Cook Myers, Ph.D.
- 5 hour Advanced TF-CBT over Telehealth training virtually with national telehealth trainers Regan Stewart, Ph.D., Nicola Herting, Ph.D., and Paula Condol, LPCC
- 14 Bi-weekly consultation calls with Dr. Myers and the TCTY Team following the training

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

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2. Training Program
3. Training Information
4. Telehealth Delivery of TF-CBT
5. Next Steps

KEY DATES

Application Due Date

Thursday, January 12

Acceptance Notification

Thursday, February 16

Pre-Training Q & A

TBD

In-person TF-CBT Training

Thursday, April 13

Friday, April 14

Virtual Advanced Telehealth Training

Thursday, May 18

Consultation Calls Bi-weekly

Tuesdays 1-2pm CST

May–October 2023

CEUs Available!

CEU approval pending

Background & Overview

ABOUT TF-CBT

TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma that was 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.

- This treatment has been shown in research studies to be very effective in helping traumatized youth exhibit behavioral improvements in a relatively short period of time.
- Structured short-term (*4-6 months*) therapy.
- Appropriate for children ages 3-18 who have experienced one or more traumatic events and 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.
- Research suggests that PTSD symptoms need to be addressed as early as possible to prevent long-term difficulties.

The TF-CBT Treatment Model

- 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 conducted 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 skills to cope with the discomfort

TELEHEALTH DELIVERY OF TF-CBT

Telehealth service delivery of TF-CBT can reduce barriers in access to care for children and adolescents who may be unable to attend office-based therapy session due to a variety of reasons (*e.g., lack of transportation, distance to clinic, etc.*). Research has demonstrated that TF-CBT delivered over telehealth has equitable effect sizes to TF-CBT in-person (*Stewart et al., 2017*). Studies examining TF-CBT delivered over telehealth also demonstrate higher completion rates to in-person TF-CBT, reduced barriers to services, and high caregiver satisfaction (*Stewart et al., 2020*). The research on TF-CBT via telehealth has been conducted with underserved populations, specifically rural and minority populations and can be well generalized to the populations of our region.

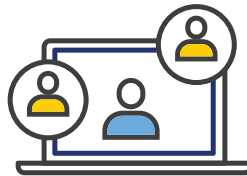
Learning Collaborative Training Program

OVERVIEW OF LEARNING COLLABORATIVE TRAINING PROGRAM

This training uses the learning collaborative model, which requires ongoing consultation activities (e.g., calls). This is not a single event training. 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.

TRAINING SPECIFICS

- Two days of in-person training on TF-CBT with a national TF-CBT certified trainer.
- Following the 2-day live foundational TF-CBT training, learning collaborative participants will attend a 5-hour live virtual training on Telehealth Delivery of TF-CBT.
- Fourteen 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 and specific guidance on telehealth implementation of TF-CBT.
- A telehealth expert will join the scheduled collaborative TF-CBT consultation calls to provide consultation on telehealth implementation.
- Consultation calls will be conducted in a group format.
- Treatment materials, including the TF-CBT manual, session guide, study materials, work-sheets for clients, handouts to illustrate the concepts of TF-CBT, and telehealth TF-CBT toolkit.
- Membership in the Treatment Collaborative for Traumatized Youth (TCTY).
- Clinicians who complete all training requirements will be rostered on the TCTY website.
- CEU Credits for continuing education.
- Certificate of completion of 2-day TF-CBT training and TF-CBT consultation calls, which are needed to pursue National Certification and Advanced TF-CBT via Telehealth training.



Training Structure, Eligibility, & Participant Expectations

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> (\$35 to complete)
- Read assigned chapters from the TF-CBT manual (*will be provided by TCTY*)

2. In-Person Training

Participants will attend all of the 2-day in-person training. Training will include active learning.

3. Live Virtual Training

Participants will attend all of the 5 hour live virtual training on Advanced TF-CBT via Telehealth. The training will emphasize application of TF-CBT over telehealth to build confidence in delivering the model over telehealth.

4. Consultation Calls

Following the in-person and virtual training, there will be bi-weekly consultation calls for 6 months. Consultation calls occur Tuesdays from 1 to 2 pm CST. Following the in-person training, a call schedule with details will be dispersed.

Requirements for Full Completion:

- Actively participate in consultation calls
- Attend at least 11 of the 14 consultation calls
- Work on two TF-CBT cases during consultation period (*it is recommended clinicians start 4 TF-CBT cases to account for dropout*)
- Complete two case presentations on the consultation calls
- Use at least one standardized instrument to assess TF-CBT treatment progress with each case (*pre & post-tests, these instruments will be provided*)

ELIGIBILITY REQUIREMENTS

1. Master's Degree or above in a mental health discipline
2. Professional license in trainee's state
3. 50% of clinician's 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
- Attend the 5-hour virtual training and actively participate in learning opportunities
- Participate in collaborative conference calls (*2 presentations over call period, 11/14 calls*)
- Collect and use metrics to help to assess progress and guide future improvements
- Participate in program evaluation activities

2-Day Training Logistics

DATE/TIME

April 13

Registration & Breakfast, 8-8:30am
Training, 8:30am-4:30pm

April 14

Breakfast, 8-8:30am
Training, 8:30am-3:30pm

LOCATION

Clubhouse Hotel & Suites
4400 15th Ave S
Fargo, ND 58103
Phone: 701-282-5777

MEALS AND SNACKS

A light breakfast, snacks, and beverages will be provided each day. Lunch is on your own.

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.

ACCOMMODATIONS

Guest rooms available at Clubhouse Hotel & Suites for \$109/night for the TCTY Conference room block.



TCTY TEAM

Tricia Cook Myers, Ph.D.

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TF-CBT Training Team

TF-CBT TRAINERS

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's 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.

CO-TRAINERS

Nicola Herting, Ph.D.

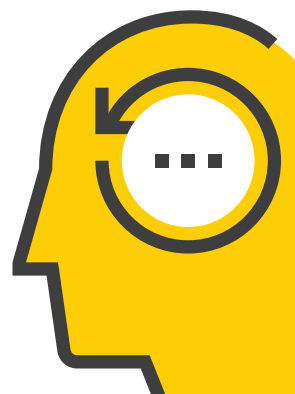
Nicola Herting, Ph.D. is a Licensed Clinical Psychologist who specializes in working with children and families impacted by trauma. Dr. Herting has extensive training in trauma and child abuse and is experienced in providing several evidence-based, trauma-specific treatments including TF-CBT, AF-CBT, CFTSI, PSB-CBT, SPARCS, and CPT. Dr. Herting has completed several advanced TF-CBT learning collaborative, including TF-CBT with Children with Developmental Disabilities, Commercially Sexually Exploited and Trafficked youth, and TF-CBT over Telehealth. Dr. Herting regularly provides training and consultation on trauma-informed care, evidence-based and trauma-informed screening, assessment, and treatment.

Emily Sargent, Ph.D.

Dr. Emily Sargent is a clinical psychologist at Sanford Health and Sanford Research in North Dakota. Her expertise specifically lies in research and treatment in traumatic stress in tribal communities. She is a former Indians into Psychology Doctoral Education student (*Clinical Psychology Doctoral Program, University of North Dakota*) and a tribal member of The White Earth Band of Minnesota Chippewa Tribe. Additionally, she is the Cultural Diversity Director for the North Dakota Treatment Collaborative for Traumatized Youth, which is a grant program committed to the dissemination of mental health evidence-based treatments for traumatized children. Dr. Sargent specifically focuses on disseminating culturally informed care practices to child serving disciplinaries and increasing access to traumatic stress treatments for Native American communities.

Stephen Wonderlich, Ph.D.

Dr. Wonderlich is Vice President for Research at Sanford Health and Chester Fritz Distinguished Professor of Psychiatry and Behavioral Science at the University of North Dakota School of Medicine and Health Sciences. He is also Co-Director of the Sanford Eating Disorders & Weight Management Center. Dr. Wonderlich is the Director of the Treatment Collaborative for Traumatized Youth and has published extensively in the area of childhood trauma.



Telehealth Delivery of TF-CBT

Making a Difference, No Matter the Distance



OVERVIEW OF TELEHEALTH DELIVERY OF TF-CBT TRAINING

Telehealth service delivery of TF-CBT can reduce barriers in access to care for children and adolescents who may be unable to attend office-based therapy session due to a variety of reasons (e.g., *lack of transportation, distance to clinic, etc.*). This is a specialized training on implementing TF-CBT over telehealth to help clinicians learn how to effectively provide TF-CBT using telehealth technology, including specific techniques and electronic resources. This training will also provide those using, or looking to use telehealth technology, with some critical considerations and safeguards to keep in mind when providing TF-CBT to children via telehealth technology. A TF-CBT Telehealth Toolkit will be provided to help clinicians implement the model over telehealth with fidelity and creativity!

TRAINING SPECIFICS

- Following the 2-day live foundational TF-CBT training, learning collaborative participants will attend a 5-hour live virtual training on Telehealth Delivery of TF-CBT.
- A telehealth expert will join the scheduled collaborative TF-CBT consultation calls to provide consultation on telehealth implementation.

DATE/TIME

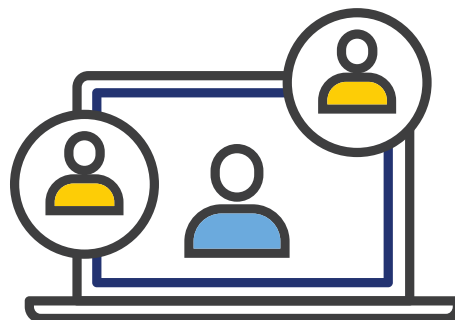
May 18th, 2023
Training, 8:30am-2:00pm
(30 minute lunch)

LOCATION

Zoom Link

COST

Tuition for this training is being covered by TOPS-TS NCTSN Category 2 funding through SAMHSA



Telehealth Training Team

Regan Stewart, Ph.D.

Regan Stewart, Ph.D. is an Associate Professor and Clinical Psychologist in the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. Dr. Stewart's research focuses on (1) addressing mental health disparities for underserved trauma-exposed youth, particularly through the use of telehealth technology and (2) the dissemination and implementation of evidence-based trauma-focused interventions in low resourced environments within the United States and globally. Dr. Stewart is the director of the Telehealth Outreach Program for Traumatic Stress at MUSC, a NCTSN Category 2 Center on Telehealth. This center is focused on utilizing telehealth to increase access to trauma-focused treatment for underserved children.

Nicola Herting, Ph.D.

Nicola Herting, Ph.D. is a Licensed Clinical Psychologist who specializes in working with children and families impacted by trauma. Dr. Herting is the Clinical Director of the Sanford Traumatic Stress Treatment Center, Mental Health Strategic Director at Red River Children's Advocacy Center (RRCAC), a Clinical Scientist for Sanford Research, Clinical Director of the Treatment Collaborative for Traumatized Youth (TCTY), and Adjunct Faculty in Department of Psychiatry and Behavioral Sciences at the University of North Dakota School of Medicine and Health Sciences. Dr. Herting has extensive training in trauma and child abuse and is experienced in providing evidence-based, trauma-specific screening, assessment, treatment, trainings, and consultation. Dr. Herting is involved in several statewide evidence-based trauma treatment and screening implementation initiatives in North Dakota and trains nationally on delivering trauma-focused treatment over telehealth. Dr. Herting co-developed the North Dakota Telehealth Outreach Program and is part of the TOPS-TS team at MUSC.

Paula Condol, M.S., LPCC

Paula Condol, M.S., LPCC is the Executive Director of the Dakota Children's Advocacy Center. Paula provides several evidence-based treatment to youth and their families affected by trauma including Trauma Focused -Cognitive Behavioral Therapy, Alternatives for Families-Cognitive Behavioral Therapy and Problematic Sexual Behavior-Cognitive Behavioral Therapy. She has also been trained in many adaptations of evidenced based practices including Honoring Children, Mending the Circle (*Native American cultural adaption of TF-CBT*), TF-CBT using Telehealth, and TF-CBT for Trafficked Youth. Paula is a certified TF-CBT supervisor and is trained in providing TF-CBT consultation calls. She is also an in-house train the trainer in PSB-CBT school age. Paula co-developed Telehealth Outreach Program in North Dakota and is part of the TOPS-TS team at MUSC. Paula is a telehealth trainer and consultant nationwide.

Next Steps

TO APPLY

Use this link: <https://forms.gle/Tt2V6bNC6vrk7gG79>

Or scan this QR Code to apply:



DATES TO REMEMBER

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Consultation Calls: Bi-weekly on Tuesdays 1-2pm CST (May–October 2023)



CONTACT FOR QUESTIONS

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