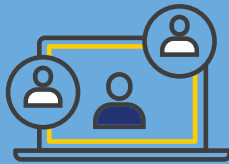


Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)

2026 West Learning Collaborative
April 22-23, 2026 • Dickinson, ND



LEARNING COLLABORATIVE APPLICATION PACKET

THANK YOU FOR YOUR INTEREST IN THE 2026 WEST 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: Application, Engagement & Strategies for Telehealth* component in our 2026 West TF-CBT Learning Collaborative free of charge.

The TF-CBT Learning Collaborative will include:

- 2-day in-person training with certified national TF-CBT trainers Tricia Cook Myers, Ph.D., Nicola Herting, Ph.D., and Emily Sargent, Ph.D.
- 12 Bi-weekly consultation calls with TF-CBT national trainers following the training
- 3.5 hour virtual training on *Advanced TF-CBT: Application, Engagement & Strategies for Telehealth* with national telehealth trainers Regan Stewart, Ph.D., Nicola Herting, Ph.D., Paula Condol, LPCC, and Eneida Vilella, LPCC.

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

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

KEY DATES

Application Due Date
Thursday, January 8

Acceptance Notification
Tuesday, February 10

In-person TF-CBT Training
Wednesday, April 22
Thursday, April 23

**Advanced TF-CBT:
Application, Engagement
& Strategies for Telehealth**
September 2026

Consultation Calls
Bi-weekly
Tuesdays 1-2pm CST
May–October 2026

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

ADVANCED TF-CBT: APPLICATION, ENGAGEMENT & STRATEGIES FOR TELEHEALTH

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.

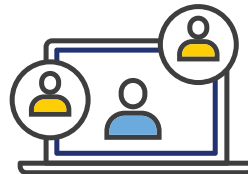
Learning Collaborative Training Program

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 in Dickinson, ND on TF-CBT with Certified national TF-CBT trainers.
- During the consultation call phase of the collaborative, participants will attend a 3.5-hour live virtual training on *Advanced TF-CBT: Application, Engagement & Strategies for Telehealth*.
- Twelve 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 provided 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.
- Clinicians who complete all training requirements will be rostered on the TCTY website and have access to the online training portal.
- 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
- A certificate of completion will be provided for *Advanced TF-CBT: Application, Engagement & Strategies for 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

During the consultation call phase of the learning collaborative, participants will attend a 3.5 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 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 (*including have your cameras on, joining the discussion, and actively listening*)
- ☐ Attend at least 10 of the 12 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*)

TRAINING ELIGIBILITY REQUIREMENTS

1. Master's Degree or above in a mental health discipline
2. Professional license to practice clinically
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 3.5-hour virtual training and actively participate in learning opportunities
- ☐ Participate in collaborative conference calls (*2 presentations over call period, 10/12 calls*)
- ☐ Collect and use metrics to help to assess progress and guide future improvements
- ☐ Participate in program evaluation activities

2-Day Training Logistics

DATES & TIMES

April 22

Registration & Breakfast, 8-8:15am
Training, 8:15am-4:30pm

April 23

Breakfast, 8-8:15am
Training, 8:15am-4:30pm

All times are Mountain Standard Time

LOCATION

Stark County Family & Ag Resource
Campus - Dakota Room
2680 Empire Road, Door C
Dickinson, ND 58601
Phone: 701-456-7630

MEALS & SNACKS

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

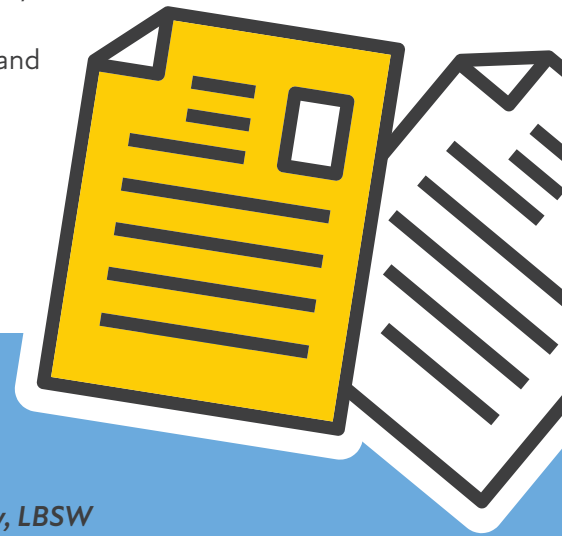
COST

Tuition for this training is being sponsored by the ND Department of Health & 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 Hampton Inn & Suites for \$129/night. The block of rooms will expire April 7th. Call 701-456-0100 and identify you are with the *Treatment Collaborative for Traumatized Youth Room Block*.

State employees may be eligible for the state rate with ID and should request at booking.



TCTY TEAM

Nicola Herting, Ph.D.

National TF-CBT Trainer
TCTY Director
Nicola.Herting@SanfordHealth.org

Tricia Cook Myers, Ph.D.

National TF-CBT Trainer
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Emily Sargent, Ph.D.

National TF-CBT Trainer
TCTY Cultural Diversity Director
Emily.Sargent@SanfordHealth.org

Angie Perry, LBSW

Lead TF-CBT Coordinator
TCTY Project Coordinator
TCTY@SanfordHealth.org

Morgan Sorby, BS

TCTY Project Coordinator
TCTY@SanfordHealth.org

Corinne Luther, LBSW

TCTY Project Manager
TCTY@SanfordHealth.org

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.

Nicola Herting, Ph.D.

Nicola Herting, Ph.D., is the Director of TCTY and a Licensed Clinical Psychologist specializing in trauma treatment for children and families. She is trained in multiple evidence-based trauma therapies, including TF-CBT, AF-CBT, CFTSI, PSB-CBT, SPARCS, and CPT, and is a nationally certified TF-CBT trainer. Dr. Herting has completed several advanced TF-CBT learning collaboratives focused on children with developmental disabilities, commercially sexually exploited and trafficked youth, telehealth delivery, and Honoring Children Mending the Circle. She maintains a small clinical practice at the Sanford Traumatic Stress Treatment Center and serves as an Adjunct Clinical Professor at the University of North Dakota. Dr. Herting provides training and consultation nationally on trauma-informed care, trauma-specific assessment and treatment, telehealth delivery of evidence-based practices, and supports statewide trauma treatment implementation initiatives across North Dakota.

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. Dr. Sargent is a nationally certified TF-CBT Trainer and Honoring Children Mending the Circle Trainer.

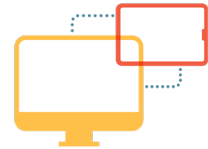


ADVANCED TF-CBT: Application, Engagement & Strategies for Telehealth

Making a Difference, No Matter the Distance



**ND Telehealth
Outreach Program**
for traumatized youth



OVERVIEW OF ADVANCED TF-CBT: APPLICATION, ENGAGEMENT & STRATEGIES FOR TELEHEALTH 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 3.5-hour live virtual training on *Advanced TF-CBT: Application, Engagement & Strategies for Telehealth*.
- A telehealth expert will join the scheduled collaborative TF-CBT consultation calls to provide consultation on telehealth implementation.

DATE/TIME

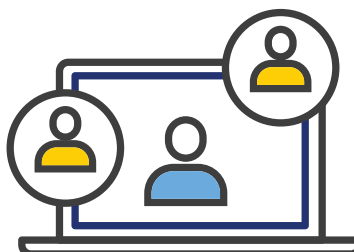
September 2026
Date and time to be announced

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 a 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 the Director of TCTY and a Licensed Clinical Psychologist specializing in trauma treatment for children and families. She is trained in multiple evidence-based trauma therapies, including TF-CBT, AF-CBT, CFTSI, PSB-CBT, SPARCS, and CPT, and is a nationally certified TF-CBT trainer. Dr. Herting has completed several advanced TF-CBT learning collaboratives focused on children with developmental disabilities, commercially sexually exploited and trafficked youth, telehealth delivery, and Honoring Children Mending the Circle. She maintains a small clinical practice at the Sanford Traumatic Stress Treatment Center and serves as an Adjunct Clinical Professor at the University of North Dakota. Dr. Herting provides training and consultation nationally on trauma-informed care, trauma-specific assessment and treatment, telehealth delivery of evidence-based practices, and supports statewide trauma treatment implementation initiatives across North Dakota. 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 an independent contractor and licensed clinical therapist that has worked in the trauma field for over 25 years. She 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 as well as the Building Resiliency Together program and is a trainer and consultant nationwide.

Eneida Vilella-Loraas, MA, LPCC-S

Eneida Vilella-Loraas, MA, LPCC-S is the Director of Mental Health Services and a bilingual therapist at the Dakota Children's Advocacy Center. She provides trauma-focused, evidence-based therapy to youth and families in both Spanish and English. Eneida is trained in TF-CBT, AF-CBT, PSB-CBT, CPT, and SPARCS and is a certified Parent-Child Interaction Therapy (PCIT) therapist. Her training also includes culturally adapted and specialized approaches such as Honoring Children, Mending the Circle (*a Native American culture adaptation of TF-CBT*), TF-CBT for Trafficked Youth and telehealth delivery. Eneida has presented nationally on Language Justice within the Children's Advocacy Center movement and is a passionate advocate for equitable access to care. She played a key role in launching North Dakota's Telehealth Outreach Program for Traumatized Youth and now serves as a national co-trainer in telehealth-based trauma treatment.

Next Steps

TO APPLY

Via Desktop, Click Link:



Via Mobile Device, Scan QR Code:



DATES TO REMEMBER

Application Due Date: Thursday, January 8, 2026

Acceptance Notification: Tuesday, February 10, 2026

In-person TF-CBT Training:

Wednesday, April 22 &
Thursday, April 23, 2026

Advanced TF-CBT:

*Application, Engagement
& Strategies for Telehealth
(Virtual Training)*

September 2026, date and
time to be announced

Consultation Calls:

Bi-weekly on Tuesdays
1-2pm CST
(May–October 2026)



CONTACT FOR QUESTIONS

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TCTY@SanfordHealth.org