



HEATHER RISK, PSYD

— & ASSOCIATES, PLLC

230 North Limestone, Suite 100

Lexington, KY 40507

Phone: 859-303-8041

E-Mail regarding TF-CBT consultation and calls:

consult@heatherriskandassociates.com

Email Dr. Risk regarding other matters:

risk@heatherriskandassociates.com

Web: heatherriskandassociates.com

TF-CBT Training Requirements Virtual Training Version

Sponsored by the Tristate Trauma Network

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment for children and adolescents (ages 3-18) who are experiencing negative impacts following any type of traumatic event. Through this training, therapists will learn how to implement the model with fidelity, how to assess for and identify trauma related symptoms, and how to know who is appropriate for this treatment. There will be opportunities for consultation regarding actual cases, to discuss challenges, and to share successes as children and families progress through the healing process. This training will include the required basic training in TF-CBT (equivalent of 2 days of training broken up in to smaller segments due to the virtual training adaptation) and 12 small group consultation calls (1 hour each). Additionally, there will be a one day, optional Advanced TF-CBT Training later in the year.

The information below includes information regarding required prerequisites that need to be completed before the training and what will be required/expected from participants throughout the process. Please review all steps and ensure that you will be able to complete all requirements before registering. Participants must have a masters degree or above in psychology, social work, counseling, or a related field. Graduate students in these fields may attend if they are at a point in their training where they are allowed to provide therapy to clients and are under the supervision of a licensed mental health professional.

Prerequisite training:

- Prior to the TF-CBT training, participants will need to complete the prerequisite online training at www.musc.edu/tfcbt. This online training is \$35 and CEU's are available. If you completed the online training in the past, that is acceptable. Please email a copy of your certificate of completion to Carolyn McDowell, Administrative Assistant, at mcdowell@heatherriskandassociates.com at least 48 hours before the first training session. This will be required to attend the training.
- Additionally, participants should begin reading *Treating Trauma and Traumatic Grief in Children and Adolescents* by Cohen, Mannarino, and Deblinger. This does not need to be complete before the training days, but should be complete before the completion of the calls. The 2nd edition is preferred, but the 1st edition is acceptable.

Training Plan (all steps are required unless otherwise noted):

TF-CBT Training: This two-day training will include an overview of TF-CBT, case examples, demonstrations, and group discussions. There will be opportunities to discuss your questions, ideas, and cases you are considering for this treatment. Participants must attend the complete training to receive credit.

Consultation calls: Twelve consultation calls (to be scheduled) will provide an opportunity to discuss TF-CBT in more detail and discuss the implementation of TF-CBT with your cases. Each participant will be asked to present at least one case during the course of the calls. This is nothing formal or anything to worry about! The participant will provide a brief summary of the case and then the group will discuss the case further. Dr. Risk will provide the participants with a guide for the case presentations to help with the brief preparation that will be needed. (Note: To provide TF-CBT, a therapist needs to complete at least 9 of the calls (or be active in a current call group) and present at least one case. They must have at least one open TF-CBT case during each call, or the call will not count toward the 9 required.)

Fidelity monitoring: Participants will be asked to update a brief form following each session of TF-CBT and to share this periodically with Dr. Risk. This will help the trainer know what questions participants may be having and the training and consultation calls can be tailored to meet these needs.

Assessment: Therapists will be required to administer at least one measure of trauma symptoms with each client at baseline, mid-treatment, and post-treatment. Information about possible assessment tools and how to administer will be provided at the training.

Implement TF-CBT: As soon as the two-day TF-CBT training is complete, you will be ready to begin implementing this treatment with children and adolescents! This is an exciting treatment and the goal of this training is to provide each therapist with support as they begin this process.

A note about certification: This training plan will provide participants with the training and consultation required to implement TF-CBT with clients, as specified by the developers of TF-CBT. Certification in TF-CBT is optional and is not required. However, it is encouraged that therapists who are interested apply to become certified, as this helps to communicate to clients and other providers who has completed training in TF-CBT. Additional information regarding certification in TF-CBT can be found at www.tfcbt.org and will be discussed further in the training.

Advanced TF-CBT Training: This step is not required to obtain certification, but will be an opportunity to further enhanced your clinical skills. This training will be developed based on the needs of the group and more information will be provided at a later date.

Virtual Training Adaptations:

Due to COVID-19, the TF-CBT Developers are temporarily allowing the initial two-day TF-CBT Training to be conducted virtually. There are some changes and additional requirements with this format:

- We will be dividing the two-day training into four half-day trainings.
- Participants must attend **ALL** segments of the training, in full, to receive any credit or be allowed to provide the therapy with clients. There are no exceptions to this.
- The virtual training will be conducted through Zoom and participants must have their video turned on and be visible for the complete training.
- No recording or photographs of the presentation, videos, case examples, or discussion, or any other aspects are allowed.
- There will be interactive activities and participants must participate.
- Although not required, you may want to have headphones available if you are in a location where others may overhear or walk in. We will be discussing case examples and traumatic events that others should not overhear.

How to Register:

Please complete the online registration form by **February 3, 2021** by clicking here:
<https://forms.gle/gaJ5Cd2dM7jMHLcKA>

You will be asked to enter this training registration code: Tristate2021

Training Dates:

10:00-3:00 each day, with a lunch break at noon, all times eastern
 February 18, 19, 25, & 26, 2021

Training Sponsor:

This training is being sponsored by Tristate Trauma Network. If you have any questions please contact: Melissa Adamchik at madamchik@tristatetraumanetwork.org