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## TF-CBT Training Requirements and Registration Process Virtual and In-Person Training Options Sponsored by Amerigroup 2025

**Please read this full document which includes directions to register, prerequisite requirements, due dates, training requirements, and other important information.**

We are looking forward to working with you through the TF-CBT Training process! This document includes multiple details regarding the training process. These steps are designed to provide the smoothest training process possible. If you have any questions, concerns, challenges along the way, please let us know!

### Training Description:

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 and 12 small group consultation calls (1 hour each). The required basic TF-CBT Training is a 2-day training when completed in-person. The virtual format is broken up over four half-days. *(Details regarding opportunities for Advanced TF-CBT Trainings will be provided at a later date.)*

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. *(Please note, Amerigroup will be selecting the therapists they will be including in this training that they are sponsoring.)*

### Prerequisite training:

- Prior to the TF-CBT training, participants will need to complete the prerequisite online training at [www.musc.edu/tfcbt](http://www.musc.edu/tfcbt) (this web training is also available in Spanish at <https://tfcbt-es.musc.edu/>). 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 at [mcdowell@heatherriskandassociates.com](mailto:mcdowell@heatherriskandassociates.com) at least **ONE MONTH** before the first training session. This will be required to attend the training. Your spot in the training cannot be guaranteed unless we have this document by the due date. If you have any questions or concerns or would like to request a modified due date, please notify your training coordinator.
- 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 2<sup>nd</sup> edition is preferred, but the 1<sup>st</sup> edition is acceptable.

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

**TF-CBT Training:** This intermediate, two-day training (modified to 4 half-days in the virtual format) 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. Upon completion of this training, participants will receive 16 continuing education credits.

Heather Risk, PsyD & Associates, PLLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Heather Risk, PsyD & Associates, PLLC maintains responsibility for this program and its content.

### Learning objectives for the TF-CBT Training:

- Describe four ways trauma impacts children and adolescents
- Select gold standard measures to assess PTSD in children and adolescents
- Describe benefits of using an evidence-based practice with children and adolescents experiencing trauma symptoms
- Explain theoretical underpinnings of TF-CBT
- Describe symptom criteria of PTSD and complex trauma in children and adolescents
- Identify inclusion criteria for TF-CBT participation
- Explain rationale for TFCBT to caregivers, children, and adolescents
- Identify the components of TF-CBT
- Describe 3 strategies to teach relaxation skills to children and adolescents
- Identify the importance of gradual exposure throughout TF-CBT
- Identify ways to manage therapist anxiety when exposed to traumatic details
- Identify 3 ways in which children and adolescents exhibit symptoms of avoidance
- Identify the role maladaptive trauma related cognitive distortions have in symptom formation and maintenance
- Recite 3 activities to assist children and adolescents in modifying cognitive distortions
- Explain methods for caregivers to engage in trauma informed parenting and communication skills

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 live 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](http://www.tfcbt.org) and will be discussed further in the training.

### **Virtual Training Adaptations:**

Due to COVID-19, the TF-CBT Developers began 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.

**About your trainer:** Dr. Heather Risk is a Licensed Psychologist with over 2 decades of experience working with children and adolescents who have experienced trauma. She is a Nationally Approved TF-CBT Trainer and is passionate about the dissemination of empirically supported treatments so that more survivors can access needed treatments. For more information, please visit: <https://heatherriskandassociates.com/about/>

#### **Training Dates:**

- See the registration form linked below for a list of all training dates.
- Virtual TF-CBT Trainings will be conducted over 4 half days from 10:00- 3:00 eastern each day, with breaks 12:00-1:00 each day.
- In-person trainings will be conducted over two days from 8:30-5:00 each day (it is suggested to arrive early to register and settle in as the training will begin at 8:30)
- Attendance for the full training required. Partial credit will not be provided.

#### **Directions to Register:**

- The team at Amerigroup will select the providers that are invited to join these trainings they are sponsoring. They will also be selecting who will be invited to the virtual trainings vs the in-person trainings.
- Once you have been selected by Amerigroup, you will then need to complete the full registration form at the link below.
- Registration is required to attend the training.
- We strongly encourage you to complete the registration form as soon as possible, as spots will likely fill up fast. If you have not registered within 30 days of the training date you have been assigned, your spot may be given to someone on the waitlist. Please check with the team if you are unsure if your spot is saved or if you have any questions or concerns.
- When Amerigroup notifies you that you have been selected and for which training, they will give you a code to use when completing the registration form.
- The link to the registration form is: <https://forms.gle/n8WgSAcUrXkFhAibA>

#### **Training Materials:**

For the virtual trainings, directions, a zoom link, and a copy of the slides and handouts will be emailed to you a few days before the training.

For the in-person trainings, handouts will be provided on-site.

#### **Training Coordination:**

This training is paid for and coordinated by Amerigroup. If you have any questions for the Amerigroup team, please contact Andrea Elam at [andrea.elam@amerigroup.com](mailto:andrea.elam@amerigroup.com).

If you have questions for the team at Heather Risk, PsyD & Associates, PLLC, please contact Carolyn at [mcdowell@heatherriskandassociates.com](mailto:mcdowell@heatherriskandassociates.com)

If there are any questions or concerns, please feel free to contact us and we are happy to assist!

If ever needed, details regarding our grievance procedure can be found at:

<https://heatherriskandassociates.com/grievance-procedure/>