

July - December 2009



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**Trauma Treatment  
Training Center**

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[www.OhioCanDo4Kids.org](http://www.OhioCanDo4Kids.org)

# Trauma Treatment Training Center

Providing quality training for community providers since 2003

## Training Catalog

### THE PARTNERS

The Trauma Treatment Training Center (TTTC) is a collaboration of the Mayerson Center for Safe and Healthy Children and The Childhood Trust at Cincinnati Children's Hospital Medical Center (CCHMC). The Mayerson Center for Safe and Healthy Children is a child advocacy center dedicated to prevention, evaluation, treatment, and research about child abuse and neglect. The center includes physicians, psychologists, social workers, nurses, child protection workers, and law enforcement professionals. The Childhood Trust is a joint effort of CCHMC and the University of Cincinnati that offers training and consultation on the intervention and treatment of child abuse and family violence.

### PURPOSE

The purpose of the TTTC is to develop expertise in transferring evidence-based and evidence-informed treatments for traumatized children and adolescents to community mental health providers. This is accomplished through a cycle-based dissemination method designed to transfer evidence-based treatments through training and follow-up consultation, while continually refining the treatments in real world settings through clinician feedback.

### MULTI-LEVEL COLLABORATION

In addition to training and providing follow-up consultation to clinicians, the TTTC works with agency supervisors to implement the model, maintain fidelity to the model, and build training capacity within the agency. The TTTC collaborates with agency administrators around issues of fiscal management and sustainability, as well as with third party payers to authorize models as billable therapies to ensure agency reimbursement.

### TRAININGS OFFERED

- Parent-Child Interaction Therapy Applications (PCIT-A)
- Child-Adult Relationship Enhancement (CARE)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Cognitive Processing Therapy for Sexual Abuse (CPT-SA)
- Child Forensic Interviewer Training



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# 3 P SKILLS

Praise

Paraphrase

Point-Out-Behavior

CARE training is applicable for non-clinical adults who interact with children of all ages in a large range of settings:

- residential treatment center staff
- day care providers
- medical care providers
- graduate practicum students
- foster parents
- foster care caseworkers and child protection workers
- partial hospitalization staff
- social service case managers
- community support providers
- home visitation providers
- child victim advocates
- battered women shelter staff
- homeless shelter staff
- receptionists and other administrative staff who come in contact with children as part of their duties



## Child-Adult Relationship Enhancement (CARE)

### PROGRAM BACKGROUND

Child-Adult Relationship Enhancement (CARE) is a trauma-informed, field-initiated modification of specific PCIT skills for general usage by non-clinical adults who interact with traumatized children. CARE utilizes the 3 P skills (Praise, Paraphrase and Point-out-Behavior) to connect with children, a set of techniques for giving children effective positive commands, and selective ignoring techniques to redirect problematic behaviors. CARE also contains a trauma education component to contextualize the use of these skills with the kinds of behaviors and problems exhibited by many traumatized children.

### TARGET POPULATION

CARE can be used with children of all ages and ethnicities who have experienced trauma. CARE can be generalized to a wide variety of settings and implemented at different levels of intensity. CARE is supported by pragmatic evidence of its effectiveness.

### STAFF SELECTION AND TRAINING

CARE training is offered in two forms based on agency setting, client population, and agency goals.

#### 1) Basic CARE:

- 3 hour training
- Includes demonstrations and active skills-building practice

#### 2) Expanded CARE:

- 6 hour training
- Includes demonstrations, active skills-building practice, live coaching and mastery testing

### CEUs

Attendees receive 3 or 6 Counselor or Social Worker CEUs through the Ohio Counselor, Social Worker and Marriage & Family Therapist Board.

### REGISTRATION

CARE training is offered on an agency-by-agency basis. Trainers can train CARE onsite at local agencies, or agencies can bring staff to The Trauma Treatment Training Center. Please contact the TTTC to schedule CARE training at your agency or at our training facility at The Childhood Trust, Cincinnati, Ohio.

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"Play is the primary medium through which children develop problem-solving skills and work through developmental problems."

Sheila Eyberg, 1988



According to a cost-benefit analysis conducted by the Washington State Institute for Public Policy, PCIT saves \$3.64 for every \$1 of social service cost. The net savings from PCIT is over \$3,400 of social service costs per family treated (Aos, Lieb, Mayfield, Miller & Pennucci, 2004).

Praise  
Reflect  
Imitate  
Describe  
Enthusiasm

**Parent-Child Interaction Therapy Applications  
(PCIT-A)**

**PROGRAM BACKGROUND**

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment supported by over 20 years of research and practice by PCIT practitioners and researchers throughout the United States ([www.pcit.org](http://www.pcit.org)). PCIT is a mastery-based therapy that averages 14 sessions. The intervention uses a two-stage approach aimed at relationship enhancement (Child Directed Interaction or CDI) and child behavior management (Parent Directed Interaction or PDI). PCIT focuses on improving the caregiver-child relationship and increasing children's positive behaviors. Parent-Child Interaction Therapy Applications (PCIT-A) is based on PCIT. PCIT-A was designed to increase flexibility for individual client populations.

**TARGET POPULATION**

Originally, PCIT was developed for children aged 2 to 7 with disruptive behaviors and their caregivers. PCIT-A has been increasingly utilized with families in which children have been maltreated or exposed to domestic violence. PCIT-A training can be adapted for children aged 7-12 and for nonfamily caregivers such as foster parents, residential treatment center staff, Head Start teachers, and others.

**STAFF SELECTION AND TRAINING**

PCIT-A training consists of 30 hours of classroom work delivered in 5 consecutive days **OR** 5 days broken into two sessions, followed by clinical consultation on initial cases. Monthly teleconferences are available for any trainee who wants to participate at a cost of \$50 for three calls. Consultation can also be provided through review by trainers of session videotapes.

**CEUs**

Attendees receive 30 Counselor or Social Worker CEUs through the Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Ohio psychologists receive 29 CE credits from the Ohio Psychological Association.

**REGISTRATION**

Dates for this training are on the attached registration form. Please fill out and return the form along with deposit to register for this training. The training facility is located at The Childhood Trust, Cincinnati, Ohio.



## Trauma Treatment Training Center Registration Form

**Parent-Child Interaction Therapy Applications (you must attend all 5 days)**

**Cost: \$800**

**Dates:**

**September 21-25, 2009**

|  |               |  |
|--|---------------|--|
| <b>First Name:</b>   | <b>M.I.:</b>  | <b>Last Name:</b>  |
| <b>Name (with credentials) to Appear on Certificate:</b>           |               |  |
| <b>Agency:</b>   |               |  |
| <b>Business Mailing Address:</b>                                   |               |  |
| <b>City:</b>   | <b>State:</b> | <b>Zip Code:</b>   |
| <b>Office Phone:</b>   |               | <b>Office Fax:</b>                                       |
| <b>Email:</b>  |               |  |
| <b>Would you like to be added to our emailing list?</b>            |               | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| <b>Do you need information regarding wheelchair accessibility?</b> |               | Yes <input type="checkbox"/> No <input type="checkbox"/> |

**Payment Information:**

Cost includes training materials. Due to the high demand of these trainings **we require a \$100 deposit sent with your registration to hold your spot** for this training. If you are unable to attend, please **notify us no later than 2 weeks** before the training date so we can fill your spot from our waiting list or you will lose your deposit. **Deposits will be applied to your training fee. Please make check payable to Mayerson Center for Safe & Healthy Children.**

**Deposits are non-refundable in the event that a cancellation is made with less than a 2 week notice.**

**Please email, mail or fax registration form to:**

Lacey Thieken  
 Mayerson Center for Safe & Healthy Children  
 Cincinnati Children’s Hospital Medical Center  
 3333 Burnet Avenue MLC 3008  
 Cincinnati, Ohio 45229-3039  
 Phone: 513-636-0043  
 Fax: 513-636-7999  
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### TF-CBT Reduces:

- Intrusive memories, thoughts or dreams about the trauma
- Avoidance of trauma reminders
- Emotional numbing
- Physical and psychological hyper-arousal
- Significant impairments in daily living



TF-CBT has been adapted to address the needs unique to certain cultural populations, including Latino families. It has also been adapted for hearing-impaired, deaf populations, and for children experiencing traumatic grief.



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

### PROGRAM BACKGROUND

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment developed and tested by Drs. Esther Deblinger, Judith Cohen, and Anthony Mannarino to help children and their caregivers overcome the negative effects of traumatic life events. TF-CBT is a clinic-based, short-term treatment that teaches children skills in stress management, cognitive processing, communication, problem solving, and safety. It is essential that the child's primary caregiver participates in the treatment in order to enhance parenting skills and manage caregivers' own reactions to the child's trauma.

### TARGET POPULATION

TF-CBT is intended for caregivers and their children ages 3 to 18 who have experienced traumatic life events, such as sexual abuse, traumatic bereavement, natural disasters, or domestic violence. TF-CBT targets posttraumatic stress disorder (PTSD) symptoms, depression, behavioral problems, and other issues commonly experienced by traumatized children. Typically lasting 12-16 sessions, TF-CBT consists of two phases: 1) individual sessions with the child and caregiver; and 2) joint caregiver-child sessions.

### STAFF SELECTION AND TRAINING

Trainees should be Master's level clinicians in order to attend this training. TF-CBT training consists of 12 hours of classroom work over 2 days.

### CEUs

Attendees receive 12 Counselor or Social Worker CEUs through the Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Ohio psychologists receive 12 CE credits from the Ohio Psychological Association.

### REGISTRATION

Dates for this training are on the attached registration form. Please fill out and return the form along with deposit to register for this training. The training facility is located at The Childhood Trust, Cincinnati, Ohio.

## Trauma Treatment Training Center Registration Form

Please select the training you want to attend:

**Trauma-Focused Cognitive Behavioral Therapy (you must attend both days)**

**Cost: \$400**

**Dates:**

December 7-8, 2009

|  |        |             |
|--|--------|-------------|
| First Name:  | M.I.:  | Last Name:  |
| Name (with credentials) to Appear on Certificate:  |        |             |
| Agency:  |        |             |
| Business Mailing Address:  |        |             |
| City:  | State: | Zip Code:   |
| Office Phone:  |        | Office Fax: |
| Email:   |        |             |
| Would you like to be added to our emailing list? Yes <input type="checkbox"/> No <input type="checkbox"/>            |        |             |
| Do you need information regarding wheelchair accessibility? Yes <input type="checkbox"/> No <input type="checkbox"/> |        |             |

**Payment Information:**

Cost includes training materials and a hardback copy of *Treating Trauma and Traumatic Grief in Children and Adolescents (2006)* by Cohen, Mannarino, and Deblinger. Due to the high demand of these trainings **we require a \$100 deposit sent with your registration to hold your spot** for this training. If you are unable to attend, please **notify us no later than 2 weeks** before the training date so we can fill your spot from our waiting list or you will lose your deposit. **Deposits will be applied to your training fee. Make check payable to Mayerson Center for Safe & Healthy Children.**

**Deposits are non-refundable if a cancellation is made with less than a 2 week notice.**

**Please email, mail or fax registration form to:**

Lacey Thieken  
 Mayerson Center for Safe & Healthy Children  
 Cincinnati Children's Hospital Medical Center  
 3333 Burnet Avenue MLC 3008  
 Cincinnati, Ohio 45229-3039  
 Phone: 513-636-0043  
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PTSD is made up of three clusters of symptoms following a traumatic event:

1. **Reexperiencing**—disturbing thoughts, nightmares, and flashbacks or suddenly feeling that the trauma is recurring.
2. **Arousal**—problems falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, startle reactions, feeling on-guard, & having strong physical reactions to triggers or reminders of the trauma.
3. **Avoidance**—active avoidance of anything that may remind the individual of the abuse or trauma, such as television, movies, people, dating, sex, news programs or newspapers, as well as internal thoughts and emotions.



**Cognitive Processing Therapy for Sexual Abuse  
(CPT-SA)**

**PROGRAM BACKGROUND**

Cognitive Processing Therapy for Sexual Abuse (CPT-SA) is an adaptation of Cognitive Processing Therapy that has been used to effectively treat individuals suffering from various traumas. CPT and CPT-SA can be used to reduce PTSD and related symptoms in veterans, rape survivors, child sexual abuse survivors and other types of traumas. CPT-SA includes sections specifically designed to focus on the areas of concern for sexual abuse survivors including safety, trust, power/control, self-esteem, communication, intimacy and social support. It is typically conducted in seventeen 50-minute sessions.

**TARGET POPULATION**

CPT-SA was developed for individuals aged 12 to adulthood.

**STAFF SELECTION AND TRAINING**

CPT-SA training consists of 12 hours of classroom work delivered in a 2-day training.

**CEUs**

Attendees receive 12 Counselor or Social Worker CEUs through the Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Ohio psychologists receive 12 CE credits from the Ohio Psychological Association.

**REGISTRATION**

Dates for this training are on the attached registration form. Please fill out and return the form along with deposit to register for this training. The training facility is located at The Childhood Trust, Cincinnati, Ohio.



**Trauma Treatment Training Center**  
**Registration Form**

**Cognitive Processing Therapy for Sexual Abuse (you must attend both days)**

**Cost: \$250**

**Dates: December 17-18, 2009**

|  |               |  |
|--|---------------|--|
| <b>First Name:</b>   | <b>M.I.:</b>  | <b>Last Name:</b>  |
| <b>Name (with credentials) to Appear on Certificate:</b>           |               |  |
| <b>Agency:</b>   |               |  |
| <b>Business Mailing Address:</b>                                   |               |  |
| <b>City:</b>   | <b>State:</b> | <b>Zip Code:</b>   |
| <b>Office Phone:</b>   |               | <b>Office Fax:</b>                                       |
| <b>Email:</b>  |               |  |
| <b>Would you like to be added to our emailing list?</b>            |               | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| <b>Do you need information regarding wheelchair accessibility?</b> |               | Yes <input type="checkbox"/> No <input type="checkbox"/> |

**Payment Information:**

Cost includes training materials. Due to the high demand of these trainings **we require a \$100 deposit sent with your registration to hold your spot** for this training. If you are unable to attend, please **notify us no later than 2 weeks** before the training date so we can fill your spot from our waiting list or you will lose your deposit. **Deposits will be applied to your training fee. Please make check payable to Mayerson Center for Safe & Healthy Children.**

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Child Forensic Interviewer Training is applicable for the following professionals:

- Police officers
- Attorneys
- Social workers
- Child Advocacy Center staff
- Medical personnel
- Psychologists
- Psychiatrists
- Judges



## Child Forensic Interviewer Training

### **PROGRAM BACKGROUND**

The Child Forensic Training Institute, founded in 1998, trains professionals in the forensic interviewing of children. It offers both Dr. Thomas Lyon's adaptation of the evidence-based, NICHD structured protocol and the Childhood Trust Flexible Guidelines for interviewing. Skills-building training on the use of interview aids such as the Cognitive Interview, the Touch Survey, anatomical drawings, and anatomical dolls are also presented and practiced.

### **TARGET POPULATION**

Child Forensic Interviewer Training is intended for a wide range of professionals who interview children about suspected child abuse.

### **STAFF SELECTION AND TRAINING**

Child Forensic Interviewer Training consists of 35 hours of classroom work over 5 days. The training includes lectures and practice interviews with non-abused children and role-play interviews with adults portraying allegedly abused children. These interviews are videotaped and reviewed by faculty and peers, and include mock trial practice. Small group discussions provide ample opportunity for interaction among trainees and nationally recognized peers and researchers. This training highlights cutting-edge, practical information and promotes interdisciplinary collaboration. Multidisciplinary teams are welcome.

### **CEUs**

Attendees receive 30 Counselor or Social Worker CEUs through the Ohio Counselor, Social Worker and Marriage & Family Therapist Board.

### **REGISTRATION**

Please fill out and return the attached registration form to register for this training. The registration form can also be obtained from The Childhood Trust website at [www.childhoodtrust.org](http://www.childhoodtrust.org). The training facility is located at The Childhood Trust, Cincinnati, Ohio.

**Trauma Treatment Training Center**  
**Registration Form**

**Please select the training you want to attend:**

**Child Forensic Interviewer Training**

**Cost: \$900**

**Dates:**  **October 5-9, 2009**

|   |  |               |                    |  |
|---|--|---------------|--------------------|--|
| <b>First Name:</b>  |  | <b>M.I.:</b>  | <b>Last Name:</b>  |  |
| <b>Name (with credentials) to Appear on Certificate:</b>  |  |               |                    |  |
| <b>Agency:</b>  |  |               |                    |  |
| <b>Business Mailing Address:</b>  |  |               |                    |  |
| <b>City:</b>  |  | <b>State:</b> | <b>Zip Code:</b>   |  |
| <b>Office Phone:</b>  |  |               | <b>Office Fax:</b> |  |
| <b>Email:</b>   |  |               |                    |  |
| <b>Would you like to be added to our emailing list?</b> Yes <input type="checkbox"/> No <input type="checkbox"/>            |  |               |                    |  |
| <b>Do you need information regarding wheelchair accessibility?</b> Yes <input type="checkbox"/> No <input type="checkbox"/> |  |               |                    |  |

**Payment Information:**

Cost includes training materials. Please mail check promptly after submitting registration form. Please make check payable to Cincinnati Children's Hospital Medical Center. A late fee of \$50 will be added if payment is not received within 30 days after the training is completed.

**Please email, mail or fax registration form to:**

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 Fax: 513-558-4107  
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