Clinical Guidelines and Service Definitions

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Originated: 4/13
CAC Approve: 
Revised 11/13

Funding Stream

- Private insurance companies and Medicaid both cover therapy. These need to be exhausted before attempting to use Core Services as a funding source for family therapy.
- Core Services should only be used to pay for therapy if there is no insurance or no other funding source.

Definition of Service

- Service goals are centered on promoting child and family safety and family protective capacity.
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is an Evidenced-Based Treatment for children ages 3 – 18 years experiencing trauma-related difficulties as the result of one or multiple traumatic events and their non-offending parent/caretaker. TF-CBT can be delivered in a variety of setting including home, kinship, adoptive home, residential treatment facility, group home etc.
- TF-CBT has proven to be effective in addressing posttraumatic stress disorder, depression, anxiety, externalizing behaviors, sexualized behaviors, feelings of shame, and mistrust. The parental component increases the positive effects for children by reducing parents' own levels of depression and emotional distress about their children's abuse and improving parenting practices and support of their child. TF-CBT incorporates trauma sensitive interventions with cognitive behavioral, family and humanistic principles and techniques.
- Children and their parents or caregivers learn new skills to process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings and behaviors related to traumatic life events; and, enhance safety, growth, parenting skills and family communication.

Measurement of Success

- Client demonstrates empathy for the experiences and needs of her/their and responsibilities entail, the consequences to the children should they fail to protect, and is able to articulate and demonstrate that they value and believe it is their primary responsibility to protect the children.

Estimated Length of Treatment:
TF-CBT is designed to be a relatively short intervention lasting 12 – 20 sessions; typically one 90 minute session is completed each week. Longer lengths of service occur with more complex trauma symptoms.
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**Frequency of Services:**
Up to 90 minutes of service per week.

- This service will not be offered with any other type of Therapeutic service

**Provider Credentials:**
Therapists providing Trauma-Focused Cognitive Behavioral Therapy services will:

- Be Master’s level licensed clinicians or have a Master’s degree in a human services related field and working under the weekly supervision of a Master’s level licensed provider
- Present documentation outlining specialized training in Trauma-Focused Cognitive Behavioral Therapy
- Unlicensed providers will receive a minimum of four hours per month of documented clinical supervision/case review from an approved supervisor. An approved supervisor shall have three years post-licensure experience.
- A minimum of eight hours of annual continuing education, training, and workshops will be mandated by each employer.

In addition to the above requirement, providers must have the following credentials to provide services for El Paso County clients.

The workload will be no more than 12 Core Services families per week for each direct service worker.

**Provider Responsibilities:**
Refer to *Core Services Handbook or Provider Manual.*
Providers will have monthly direct personal contact with caseworkers to discuss the status/progress of the case.

**Caseworker Responsibilities:**
Refer to *Core Services Handbook or Provider Manual.* Additionally caseworkers should notify the therapist if any other services are in place.

**Staffing:**
Staffing will be held as needed. Each staffing should:

- Be strength-based, family-centered, and
- Identify clear goals, objectives, interventions, and time lines.