

# ARBEST

Arkansas Building Effective Services for Trauma

## TF-CBT CONSULTATION CALL POLICIES

### A. Introduction - Information for Joining the Consultation Calls

1. *If you are interested in continuing your TF-CBT training, these calls are beneficial to further your TF-CBT knowledge and will provide you with the opportunity to practice the TF-CBT components with your clients. You will need to be actively seeing clients ages 3-17 with a trauma history and significant symptoms of traumatic stress in which TF-CBT can potentially be used as the standard treatment.*
2. *Complete the consultation call survey as soon as possible because these will be collected during the conference. Please be sure to submit them at that time so that you can join the group that fits best with your schedule.*

### B. Policies and Procedures

1. You may switch call groups up to 2 times if your schedule changes and depending on availability of slots.
2. Calls are scheduled approximately two times a month for 6 months.
3. Each call is 1 hour. Because you will receive CEU credit for completed calls, there will be roll call at the beginning AND ending of each call. To receive credit, you must be on the call at least 50 minutes.
4. **You must attend 9 of 12 calls.** THERE WILL NOT BE ANY MAKE-UP CALLS. If you miss more than three calls, you will have to start the consultation calls from the beginning the following year.
5. Please state your name each time you present a case AND when making comments, so that the scribe can record your cases to receive credit.

6. To receive your certificate of completion you MUST complete 2 case presentations. One case presentation MUST be on a client who has completed TF-CBT. The 2 case presentations can be on the same client, but do not have to be. Additionally, you MUST provide results of a completed trauma assessment (i.e. UCLA PTSD Reaction Index or Child and Adolescent Trauma Screen) for each different case presented. This way, we know you are practicing TF-CBT and have a working knowledge of the basic principles. If follow-up trauma assessments are appropriate for the case discussion, we encourage you to use and present them.
  - a. A completed TF-CBT case is one where you have discussed the PRACTICE components through at least Trauma Narration and Cognitive Processing. For instance, you could initially present a case where you only reached Psychoeducation and Relaxation skills as long as you provide an updated second case presentation on Affective Modulation, Cognitive Coping, Trauma Narration, and Cognitive Processing. This example would meet the criteria for 2 case presentations and 1 completed case.
7. Confidentially Statement: Maintaining the confidentiality of clients is a primary concern in the consultation call process. Therapists presenting cases should NOT use the actual name of the client and his or her family members or any other identifying information that can be linked to the child and his or her family members. Furthermore, to protect the consultation process as well as the privacy of all children and/or their family members, no information about any cases should extend beyond the consultation call. This would include discussions with other clinicians,

students/trainees or other non-participants; transmissions in writing of case details (other than to document the call and case presentation for administrative purposes); and general postings about the consultation call cases or other details through social media networks.

### **C. TF-CBT Case Presentation Template (15-20 minutes total)**

- I. Back ground Information (5 minutes)
  1. Your Name
  2. Demographic Information (child's age, gender, grade)
  3. Relevant Family Information, including the identified caregiver to participate in TF-CBT
  4. Brief Treatment History
  5. Reason for Referral for TF-CBT, including brief trauma history
  6. Trauma Assessment Results
  7. Diagnosis and Medications
  8. Current Symptoms, including any behavior problems
- II. Use of TF-CBT (***The majority of your presentation, 10-15 minutes***)
  1. PRACTICE COMPONENTS completed
  2. Successes
  3. Challenges