

# An Introduction to Trauma Focused-Cognitive Behavioral Therapy: An Evidence Based Treatment for Children and Adolescents

A high percentage of mental health clients have experienced some sort of trauma in their childhoods. That's why it's so important that we as clinicians use a treatment that is proven to work. This seminar will present an overview of child trauma and the evidence-based child treatment, Trauma Focused- Cognitive Behavioral Therapy. Attendees will gain an overview of child trauma, review the definition of child abuse and discuss the common affective, behavioral and cognitive reactions that children have to trauma. Then an overview of Trauma- Focused CBT will be given, including the specific components, real life examples of activities used and the evidence for why this approach works. At the end attendees will be provided with the next step to get certified in TF-CBT. Please note, this is an introduction overview course of a child focused treatment.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Define child trauma and the most common types of abuse.
2. Identify common reactions that children show after experiencing trauma.
3. Identify the importance of choosing an evidence based practice like TF-CBT.
4. Identify the 8 treatment components that are included in TF-CBT along with real life examples.
5. Identify how to obtain TF-CBT certification.

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 10 AM ET  
Overview of Child Trauma  
Common Reactions to Trauma  
Introduction to TF-CBT  
    Psychoeducation and Parenting  
    Relaxation  
    Affective Modulation  
    Cognitive Coping  
Break 11:30-11:45 AM ET  
Trauma Narrative  
In-Vivo Exposures  
Conjoint Sessions  
Enhancing Safety  
Review of TF-CBT Components  
How to get certified in TF-CBT  
End 1:15 PM ET

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### Continuing Education Credit

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## The Presenter

Laura Davie is a licensed independent clinical social. For 13 years, Ms. Davie's career has focused on treating youth (ages 3-18) who have experienced some form of trauma. She is certified in a number of evidence based treatments such as Trauma Focused Cognitive Behavioral Therapy, Risk Reduction through Family Therapy and The Sexual Behavior Problem Group Curriculum. Ms. Davie is a Clinical Supervisor and is in charge of training MSW students. She is also a certified forensic interviewer and has conducted forensic interviews for Children Advocacy Centers. Ms. Davie received her MSW from Hunter College School of Social Work in New York City. She has worked within the foster care system, domestic violence shelters, substance abuse treatment and children advocacy centers throughout her 13-year career.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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