**Trauma-Focused Cognitive Behavioral Therapy:**
What Stakeholders & Referral Sources Should Know

#1: TF-CBT is an evidence-based model.

There is a strong research base supporting the effectiveness of TF-CBT for treating trauma symptoms in children and adolescents. Over 20 randomized clinical trials have shown that TF-CBT is superior to “treatment as usual” for childhood trauma. This has resulted in TF-CBT being recognized as an evidence-based model and a front-line treatment for youth suffering from PTSD, anxiety, depression, or behavior problems resulting from a trauma.

To learn more about TF-CBT, visit [http://www.episcenter.psu.edu/newvpp/tfcbt/](http://www.episcenter.psu.edu/newvpp/tfcbt/) to view the Logic Model, Frequently Asked Questions, and Research Outcomes.

#2: TF-CBT is appropriate for youth experiencing emotional or behavioral difficulty as the result of an identified trauma.

Youth who have a clearly identified trauma may benefit from being referred to a Trauma-Focused CBT provider, if the youth is having symptoms resulting from the traumatic experience. Some youth are very resilient and seem to “bounce back” without significant difficulty – these youth may not be appropriate for a trauma-specific treatment model like TF-CBT. Youth where trauma is only suspected are also not candidates for TF-CBT.

Visit [http://www.episcenter.psu.edu/newvpp/tfcbt/referral-criteria](http://www.episcenter.psu.edu/newvpp/tfcbt/referral-criteria) or talk with your local TF-CBT provider to learn more about appropriate referrals or to request a screening.

#3: Therapist training in TF-CBT has several steps and may culminate in becoming a Nationally Certified TF-CBT Therapist.

Through a number of initiatives, including grant funding from the Pennsylvania Commission on Crime & Delinquency, an increasing number of Pennsylvania therapists are becoming TF-CBT trained and nationally certified. While certification is not required to deliver the model, it offers a way for stakeholders to ensure therapists have a minimal level of training and experience providing TF-CBT.

The on-line TF-CBT training is a prerequisite for the live 2-day training, which provides therapists with an introduction to the model. Licensed therapists can work toward certification by participating in consultation with an approved TF-CBT Consultant, successfully completing at least three cases, and passing a certification examination. Unlicensed therapists are not eligible for TF-CBT certification but can still participate in consultation to increase their understanding and capacity to implement the model.

Ask your local provider where he or she is in the training process. To find a Nationally Certified TF-CBT Therapist, visit [https://tfcbt.org/](https://tfcbt.org/)