



# College of Social Work

*Office of Professional Development  
and Continuing Education*

## Trauma-Focused Cognitive Behavioral Therapy

An Introductory Training to Helping Children Overcome the Impact of Abuse and Trauma

The **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)** training is appropriate for Master's level therapists and above or those who are working on a Master's degree and providing mental health services under the supervision of a licensed professional. TF-CBT has more data (22 + randomized trials and a number of quasi-experimental studies) to support the model's effectiveness in helping children and families overcome the impact of child abuse and trauma than any other therapy model available. TF-CBT has been recognized by the federal government as a model program and is included on numerous websites for evidence-based practices.

At the conclusion of the TF-CBT training participants will:

- Discuss the history, development, and research supporting Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Evaluate how to appropriately assist children and teens in developing skills that will support their coping in the aftermath of trauma
- Assess how to effectively assist parents in developing coping skills and strategies for responding to children's therapeutic needs in the aftermath of trauma
- Describe the PRACTICE components of TF-CBT and how to implement the components with families impacted by trauma
- Have met a portion of the requirements for formal certification in TF-CBT (obtained through the Trauma-Focused Cognitive Behavioral Therapy National Therapist Certification Program)

Trauma -Focused Cognitive Behavioral Therapy (TF-CBT) certificate is provided through national trainer, Melissa Runyon . TF-CBT certification is not provided by the University of Kentucky College of Social Work, nor does the University of Kentucky College of Social Work endorse the practice of any clinician through this certification.



Dr. Melissa K. Runyon is a child clinical psychologist by training who specializes in the assessment and treatment of trauma and the aftermath of child abuse and violence. Dr. Runyon served as Treatment Services Director of the Child Abuse Research, Education and Services (CARES) Institute and Professor of Psychiatry at the Rowan University School of Osteopathic Medicine (Rowan SOM) where Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) was developed for 16 years before recently returning to her home state of Kentucky. Working collaboratively with Dr. Esther Deblinger, a co-developer of TF-CBT, Dr. Runyon has had extensive experience as a therapist, administrator, supervisor, NIMH co-investigator, researcher, trainer and consultant in the implementation of TF-CBT. Dr. Runyon has published extensively in the area of child abuse and trauma and is co-author of the book about the application of TF-CBT in child sexual abuse cases. Dr. Runyon is excited to share her experience with therapists around the state of Kentucky to increase children and families access to evidence-based care.

**12/6/17 (9am-5pm)**  
**12/7/17 (9am-5pm)**  
**12/8/17 (9am-12pm)**

**Venue TBA**  
**Lexington, KY**

**For more  
information, or to  
register, visit  
<https://ceu.uky.edu>.**