



HEATHER RISK, PsyD
— & ASSOCIATES, PLLC

**TRAUMA FOCUSED
COGNITIVE BEHAVIORAL
THERAPY (TF-CBT) TRAINING
AN EVIDENCE BASED TREATMENT
FOR CHILDREN AND
ADOLESCENTS**

Virtual:

16 CE*

February

20-23, 2024

10am-3pm

(eastern time)

(break 12-1:00)

In-Person:

14 CE*

Lexington office

April

17-18, 2024

8:30am-5pm



**Also Coming
March 2024:**

Therapy & the
Child Welfare/Court Systems.
Ethical Practice in the
Real World
3CE



Heather Risk, PsyD & Associates, PLLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Heather Risk & Associates, PLLC maintains responsibility for this program and its content.

LEARNING OBJECTIVES:

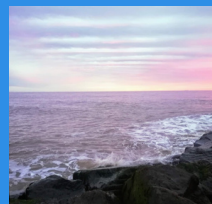
- Describe four ways trauma impacts children and adolescents
- Select gold standard measures to assess PTSD in children and adolescents
- Describe benefits of using an evidence-based practice with children and adolescents experiencing trauma symptoms
- Explain theoretical underpinnings of TF-CBT
- Describe symptom criteria of PTSD and complex trauma in children and adolescents
- Identify inclusion criteria for TF-CBT participation
- Explain rationale for TF-CBT to caregivers, children, and adolescents
- Identify the components of TF-CBT
- Describe 3 strategies to teach relaxation skills to children and adolescents
- Identify the importance of gradual exposure throughout TF-CBT
- Identify ways to manage therapist anxiety when exposed to traumatic details
- Identify 3 ways in which children and adolescents exhibit symptoms of avoidance
- Identify the role maladaptive trauma related cognitive distortions have in symptom formation and maintenance
- Recite 3 activities to assist children and adolescents in modifying cognitive distortions
- Explain methods for caregivers to engage in trauma informed parenting and communication skills

\$650**

**(includes training &
12 group consultation calls)**

TF-CBT is an evidence-based treatment for children and adolescents (ages 3-18) who are experiencing negative impacts following any type of traumatic event. Through this virtual training, therapists will learn how to implement the model with fidelity and how to know who is appropriate for this treatment. This training includes an overview of trauma-informed assessments and time to discuss clinical challenges. There will be opportunities for consultation regarding actual cases, to discuss challenges, and to share successes as children and families progress through the healing process.

Also included in the price are **12 group consultation calls** (1 hour each). These are steps that are required to provide TF-CBT and to become a Certified TF-CBT Therapist.



This intermediate level training is designed for Psychologists who want to learn how to implement TF-CBT with fidelity. All licensed mental health professionals and graduate students under supervision are welcome to attend.

Dr. Heather Risk is a Licensed Psychologist and Nationally Approved TF-CBT Trainer. She has over two decades of experience in assessment and evidence based treatments with survivors of trauma, particularly youth in the foster care system.

***Full attendance required**

10% Group Discount for groups of 3 or more, enter code GROUP10

****Fees nonrefundable 30 days prior to event**

For more info, prerequisites, and registration:

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There is no commercial support for this program