

# TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY *CLINICIAN Training*

**May 27 & 28, 2015 • 8:30am - 5pm**  
**Westside Regional Center—3rd Floor Board Room**  
**5901 Green Valley Circle, Los Angeles, CA 90230**

## About the Event

Westside Regional Center is organizing a series of training events on evidence-based practices approved by the Los Angeles County Department of Mental Health for Prevention and Early Intervention (PEI) services. Staff attending the training with the intention of claiming client services to Los Angeles County MHSA PEI Programs, must ensure that clients meet the PEI target population guidelines.

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based psychotherapeutic intervention designed to help children, youth, and their parents overcome the negative effects of traumatic events. It was developed by integrating cognitive and behavioral interventions with traditional child abuse therapies focusing on enhancing interpersonal trust and empowerment.

The TF-CBT training series includes: 2-day training, 16 group consultation calls, 6-hour booster training six months later (date TBD), review of an audio taped sessions. In addition, participants are asked to attend a 3-hour training on applying TF-CBT to clients dually diagnosed with trauma and developmental disabilities (June 19, 2015 from 1 - 4pm).

## Participants Will:

- ◆ Identify important assessment and engagement strategies for working with families utilizing the TF-CBT modality.
- ◆ Understand what constitutes complex trauma and how it differs from isolated traumatic events, with implications for assessment and treatment.
- ◆ Review PRACTICE components and ensure application of components in a structured, gradual exposure manner.
- ◆ Identify and share creative applications of the PRACTICE components.
- ◆ Focus on Trauma Narrative and Cognitive Component, through case examples and role plays.

## Presenter

Ashley Labistour, LMFT, is a TF-CBT National Trainer. She formerly served as a treatment coordinator specializing in child sex abuse at Children's Institute, Inc. in Los Angeles. She currently provides TF-CBT training and consultation for various agencies in California.



**Cost: FREE!!!**

**To register, go to:**

<https://tf-cbt.eventbrite.com>

**If you have any questions,  
contact Lindsay du Plessis at  
[lindsayd@westsiderc.org](mailto:lindsayd@westsiderc.org)  
or 310-258-4204.**

**Space is limited!  
Continuing Education Credits  
Offered!**

CE credits are offered to PSY, MFT, LCSW and LPCC. CE credits are offered to eligible participants through the National Center for Child Traumatic Stress. This course is approved by the National Association of Social Workers (NASW Provider # 886476741) for 12 hours of CE credit. The National Center for Child Traumatic Stress is approved by the American Psychological Association to sponsor continuing education for psychologists. NBCC-Approved Continuing Education Provider #: 6647.

**Must complete TF-CBT online training  
prior to the initial 2-day training:**

<http://tfcbt/musc.edu>

**This training event is funded by the Mental Health Services Act (MHSA) in partnership  
with the Department of Developmental Services.**