

Empirically Supported Treatments and Promising Practices

The approaches listed in the Supplemental Handouts section are interventions being implemented by centers within the National Child Traumatic Stress Network. Please note that these interventions do not represent all relevant practices available for treating child traumatic stress. You can obtain additional information, and the efficacy ratings of these treatments, by visiting:

- The National Child Traumatic Stress Network Empirically Supported Treatments and Promising Practices webpage at http://www.nctsnet.org/nccts/nav.do?pid=ctr_top_trmnt_prom
- The California Evidence-Based Clearinghouse for Child Welfare at <http://www.cachildwelfareclearinghouse.org>.

List of practices:

- Abuse-Focused Cognitive Behavioral Therapy for Child Physical Abuse (AF-CBT)
- Adapted Dialectical Behavior Therapy for Special Populations (DBT-SP)
- Assessment-Based Treatment for Traumatized Children: Trauma Assessment Pathway (TAP)
- Attachment, Self-Regulation, and Competence (ARC): A Comprehensive Framework for Intervention with Complexly Traumatized Youth
- Child Adult Relationship Enhancement (CARE)
- Child Development-Community Policing Program (CDCP)
- Child-Parent Psychotherapy (CPP)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Combined Parent Child Cognitive-Behavioral Approach for Children and Families At-Risk for Child Physical Abuse
- Community Outreach Program – Esperanza (COPE)
- Culturally Modified Trauma-Focused Treatment (CM-TFT)
- International Family Adult and Child Enhancement Services (IFACES)
- Group Treatment for Children Affected by Domestic Violence
- Honoring Children, Making Relatives
- Honoring Children, Mending the Circle
- Honoring Children, Respectful Ways
- Integrative Treatment of Complex Trauma (ITCT)
- Multimodality Trauma Treatment – Trauma-focused Coping (MMTT)
- Parent-Child Interaction Therapy (PCIT)
- Real Life Heroes

- Safe Harbor Program
- Safety, Mentoring, Advocacy, Recovery, and Treatment (SMART)
- Sanctuary Model
- Streetwork Project
- Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)
- Trauma Affect Regulation: Guidelines for Education and Therapy for Adolescents and Pre-Adolescents (TARGET-A)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Trauma-Focused Cognitive Behavioral Therapy for Childhood Traumatic Grief (TF-CBT-CTG)
- Trauma Grief Component Therapy for Adolescents (TGCT-A)
- Trauma Systems Therapy (TST)