

Evidence Informed Trauma Focused Therapies

The breadth of evidence informed, trauma focused and developmentally appropriate modalities can be overwhelming. While ICJIA is encouraging evidence based practices, it is essential that an agency consider their readiness to implement such practices. Agencies should consider the following:

- Do we have the trained and licensed professionals to provide these services?
- Do these professionals have access to clinical support and consultation?
- Do we have the ability to implement the evidence informed model with fidelity?

Below please find a selection of evidence informed, trauma focused modalities that would be appropriate to implement with one or more of the victim groups identified in this NOFO. This list is ***NOT*** exhaustive. Agencies that wish to propose providing therapy under this NOFO should conduct their own research before selection.

- Attachment, Self-Regulation, and Competency: A Comprehensive Framework for Intervention with Complexly Traumatized Youth (ARC)
- Bounce Back
- Child Parent Psychotherapy (CPP) for use with non-offending caregiver and children who have witnessed domestic violence
- Cognitive Behavior Therapy (CPT) for Posttraumatic Stress Disorder
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Prolonged Exposure (PE) Therapy for Post-Traumatic Stress Disorders
- Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)
- Trauma Affect Regulation: Guide for Education and Therapy (TARGET)
- Trauma Center Trauma-Sensitive Yoga (TC-TSY)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Trauma-Focused Coping (Multimodality Trauma Treatment)
- Traumatic Incident Reduction (TIR)

Some important resources include:

Child Trauma Stress Network: <http://www.nctsn.org/resources/topics/treatments-that-work/promising-practices>

Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/nrepp>