

## NCTSN Empirically Supported Treatments and Promising Practices

(Listed Alphabetically, with Level of Evidence\*)

Treatment and Developer Site	Level of Evidence*	Description
Abuse-focused Cognitive Behavioral Therapy for Child Abuse Western Psychiatric Institute and Clinic Pittsburgh, PA	Supported and Probably Efficacious	↓ Parent to child aggression, abuse risk ↓ child to parent aggression & externalizing behaviors, less family conflict & greater cohesion Clinic or alternative residential setting Age: school age
Attachment, Self-Regulation, and Competence (ARC): A Common-Sense Framework for Intervention with Complexly Traumatized Youth The Trauma Center Allston, MA	Promising and Acceptable	↓ Trauma symptoms ↑ attachment(s), regulatory capacity, competency, and systems of care implemented in school, community, or clinic settings All ages
Biofeedback Assisted Reduction of PTSD Symptoms Aurora Mental Health Center Aurora, CO	Novel and Experimental	↓ Trauma symptoms anxiety management Age:13-17
Child Development-Community Policing Program (CDCP) Yale Child Study Center, New Haven Department of Police Service New Haven, CT	Supported and Acceptable	Collaborative model: Police & Mental Health professionals, Crisis intervention & follow-up, Community based, All ages, Community/Family Violence
Child-Parent Psychotherapy for Family Violence Early Trauma Treatment Network San Francisco, CA	Well Supported and Efficacious	↑ parent child relationship ↑ IQ, ↓ child behavior problems ↓ child PTSD symptoms, ↓ symptoms of anxious attachment, ↓ maternal PTSD Clinic or home setting Age: infants, toddlers, and preschoolers
Children Affected by Domestic Violence Children's Institute International Los Angeles, CA	Supported and Acceptable	↓ Trauma symptoms Group symptoms Age: Children 5+ & nonoffending parent
Cognitive Behavioral Intervention for Trauma in Schools RAND Corporation, Los Angeles Unified School District, & UCLA Los Angeles, CA	Supported and Probably Efficacious	↓ PTSD symptoms ↓ Depression ↓ Parent-reported behavior problems Schools Age: 10 – 15
Combined Parent Child Cognitive-Behavioral Approach for Children and Families At-Risk for Child Physical Abuse NJCARES Institute UMDNJ-SOM Stratford, NJ	Supported and Acceptable	↓ PTSD, depression, abuse-related attributions, & externalizing behavior problems in children. ↓ Parental anger, behavior management skills, parent to child violence, & parent-child relationship. Children, ages: 4-17, and caregivers
Combined TF-CBT and SSRI Treatment Allegheny General Hospital Center for Traumatic Stress in Children and Adolescents, Pittsburgh, PA	Supported and Acceptable	↓ Trauma symptoms Age: 10-18
COPE-Community Outreach Program National Crime Victims Research and Treatment Center Charleston, SC	Supported and Acceptable	↓ Trauma symptoms TF-CBT, PCIT framework + Case management Applied in home, school based settings Age 4-18
Family Advocate Program National Children's Advocacy Center Huntsville, AL	Promising and Acceptable	Wraparound services For non-offending caregivers in families reported for abuse or domestic violence
Forensically Sensitive Therapy National Children's Advocacy Center Huntsville, AL	Promising and Acceptable	↓ Trauma symptoms sexual abused Age: 4-17 individual treatment
IFACES- International Family Adolescent and Children's Services Heartland Health Outreach Chicago, IL	Promising and Acceptable	Refugee children Comprehensive services
Modified Dialectical Behavioral Therapy with Developmentally Disabled Children Aurora Mental Health Center Aurora, CO	Novel and Experimental	↓ Trauma symptoms ↓ Emotion & Behavior Dysregulation Age:10-14

Multimodality Trauma Treatment (MMTT) Center for Child & Family Health/Duke University Durham, NC	Supported and Acceptable	↓PTSD ,depression, anxiety, anger group therapy (or individual) School, clinic, residential settings Age: 9+
Parent-Child Interaction Therapy Sheila Eyberg, PhD, University of Florida Gainesville, FL	Supported and Probably Efficacious	↑ parenting skills ↑ parent child relationship ↓ child externalizing behaviors ↓ parent to child physical abuse age: 4 – 12
Real Life Heroes Parsons Child Trauma Study Center Albany, NY	Supported and Acceptable	↓ Loss, violence, neglect, abuse, complex trauma ↑ placement, safety, attachment, affect regulation, skill building, creative arts, life story work CBT components, & psycho-education Age 6-13, adaptable for adolescents
Safe Harbor Program: A School-based Victim Assistance & Violence Prevention Program Safe Horizon New York, NY	Supported and Acceptable	↓Trauma symptoms ↑ parent involvement Includes school wide campaign Age 6-20
Sanctuary Model Jewish Board of Family and Children's Services Westchester, NY	Supported and Acceptable	↑ Emotional Regulation Psycho-education Therapeutic community Residential Treatment : age 6+
Sanctuary® Plus (IRIS Project) Community Works, Philadelphia, PA; Parsons Child Trauma Study Center, Albany, NY; Jewish Board of Child and Family Services, New York, NY; Andrus Children's Services, Yonkers, NY	Promising and Acceptable	Residential treatment for traumatized children Integrated model of Sanctuary, START, & Real-Life Heroes Age: 6+
Skills Training in Affective & Interpersonal Regulation/Narrative Story Telling (STAIR/NST) The Institute for Trauma & Stress at NYU Child Study Center New York, NY	Supported and Acceptable	↓ PTSD symptoms ↓ anger, dissociation, depression, internalizing, & externalizing behavior ↑ Social competency & emotional regulation Age: 12-21
Southeast Asian Teen Village Mental Health Center of Dane County Inc., Child, Adolescent and Family Services Madison, WI	Novel and Experimental	Southeast Asian Youth including refugees Psycho-spiritual approach combined with CBT Case management and community based mentoring Bi-lingual/bicultural capacity Age 12-19
Streetwork Project Safe Horizon New York, NY	Promising and Acceptable	Stabilization ↓Trauma symptoms Homeless age 15-23
Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) Adolescent Trauma Treatment Development Center, Division of Child and Adolescent Psychiatry, North Shore University Hospital, Manhasset, NY	Supported and Acceptable	↓Symptoms resulting from chronic traumatic stress ↑ Social competency & emotional regulation Group Treatment (based on CBT and DBT) Males and females; Age 13-21
Trauma Adaptive Recovery Group Education & Therapy for Adolescents and Pre-Adolescents (TARGET) University of Connecticut Farmington, CT	Promising and Acceptable	↓Trauma symptoms ↑ Emotional Regulation Community, School or residential juvenile justice settings Age: 10-18
Trauma-Focused Cognitive Behavioral Therapy Allegheny General Hospital Center for Traumatic Stress in Children and Adolescents, Pittsburg, PA & New Jersey CARES Institute	Well Supported and Efficacious	↓Child PTSD symptoms, depression, anxiety, externalizing behaviors, sexualized behaviors, feelings of shame, and mistrust. ↑ parenting practices
Trauma-Focused Cognitive Behavioral Therapy for Childhood Traumatic Grief Allegheny General Hospital Center for Traumatic Stress Pittsburgh, PA	Supported and Probably Efficacious	↓Trauma & grief symptoms Clinic, school, community setting Age 6-17
Trauma Systems Therapy Boston University Medical Center Boston, MA	Supported and Acceptable	↓Trauma symptoms ↑ Emotional Regulation ↑ system of care stabilized social environment Age: 6-18
UCLA Trauma/Grief Program for Adolescents UCLA National Center for Child Traumatic Stress Los Angeles, CA	Supported and Acceptable	↓Trauma & grief symptoms clinic or school age: 11-18

# NCTSN Empirically Supported Treatments & Promising Practices: Other Approaches

(Listed Alphabetically)

Below are Promising Practices that are not characterized as treatment interventions, but rather are unique approaches that some Network programs have developed to provide better access to care for traumatized children. These strategies include evaluation, assessment, administrative, and social marketing tool.

Promising Practice and Developer Site	Description
Better Today's. Better Tomorrow's for Children's Mental Health (B2T2) Idaho State University Institute of Rural Health Boise, ID	Public awareness targeting 12-15 years of age ↑ treatment seeking
Implementation of Standardized Measures in Community-Based Mental Health Program The Child Trauma Consortium of Westchester (CTCW) Westchester, NY	Implementation protocol for standardized assessment tools
Integrated Child Abuse Treatment: An Empirically Based Dynamic Strategy Child Trauma Treatment Network Intermountain West Salt Lake City, UT	Integrated continuous quality improvement, model for empirically based practice

\* Level of Evidence is based upon published, peer-reviewed data (provided by developers as of 17 February 2005) using the accompanying treatment classification criteria utilized by the "Office of Victims of Crime Guidelines for the Psychosocial Treatment of Intrafamilial Child Physical and Sexual Abuse." Full version available at [www.musc.edu/cvc/guide1.htm](http://www.musc.edu/cvc/guide1.htm). Summary version available at [www.NCTSNet.org](http://www.NCTSNet.org). The Fact Sheets that accompany this table may also include *unpublished* data, which are not considered in the assigned Level of Evidence.

↑ = Increases  
↓ = Decreases

This project was funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

National Child Traumatic Stress Network  
[www.NCTSNet.org](http://www.NCTSNet.org)