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# **Introduction**

NM has outlined the qualification standards for use of the specialized rates for the following EBPs.

* Dialectical Behavior Therapy (DBT)
* Eye Movement Desensitization and Reprocessing (EMDR)
* Functional Family Therapy (FFT)
* Multisystemic Therapy (MST)
* Trauma Focused Cognitive Behavior Therapy (TF-CBT)

Information about the qualification entity and the training, consultation, and other requirements for achieving the qualification standards are outlined below. We encourage you to go to the qualification entity website for additional information. For some of the EBPs, New Mexico has also established NM EBP Provisional Qualifications for practitioners that have met minimum training requirements and are actively working toward achieving the full EBP qualification standards.

# **Trauma-Focused Cognitive Behavior Therapy (TF-CBT)**

## **Qualification Standard**

TF-CBT Certification by the TF-CBT National Therapist Certification Program

## **Qualification Entity**

<https://tfcbt.org/>

## **Qualification Documentation**

Certificate issued by the TF-CBT National Therapist Certification Program OR documentation of inclusion in the TF-CBT Therapist Certification Program list <https://tfcbt.org/therapists/>

## **Training, Consultation & Additional Requirements for Qualification**

See <https://tfcbt.org/certification/> for more information about the TF-CBT certification process

### **Professional Criteria**

* MA degree or above in MH discipline
* Professional license in MH discipline

### **Trainer Qualifications**

* Training must be delivered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program.
* Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.
* Email [**tf-cbt@ahn.org**](mailto:tf-cbt@ahn.org) to verify trainer, consultant, and/or supervisor is qualifications.

### **Training**

Completion of TF-CBT Web 2.0 online training course – 11 hours

* The TF-CBT Web 2.0 is a self-paced, online training course comprised of 11 learning modules that cover the foundations of TF-CBT and the treatment components. Each module includes an explanation of the treatment component, video demonstrations and treatment procedures and techniques, clinical materials and resources. It is a pre-requisite for the TF-CBT training course. Completion of Live TF-CBT two-day (or equivalent over multiple days) training by approved national trainer\* OR Live training in context of approved learning collaborative led by an approved trainer for at least 6 months
  + The training may be in-person or virtual but must be “live,” not pre-recorded. It must be offered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program. The training includes an introduction to the impacts of trauma and training on all components of the model, including trauma psychoeducation, relaxation, affect modulation, cognitive coping, trauma narrative and processing, in-vivo exposures, in vivo exposure and enhancing safety.

### **Consultation**

* Completed participation in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Must have participated in at least 9 of the 12 sessions. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.

### **Additional Requirements**

* Completion of 3 TF-CBT cases with 3 children or adolescents, with at least 2 including participation of caregiver
* Use of standardized instrument to assess progress on each above case
* Passing (80%) TF-CBT Therapist Certification Program Knowledge Test

## **Cost**

$125 application fee documenting having met the training, consultation, and case requirements and $125 to take the TF-CBT Certification Test

**\* Email** [**tf-cbt@ahn.org**](mailto:tf-cbt@ahn.org) **to verify that the trainer, consultant, and/or supervisor are approved.**

## **Recertification Expectations**

Re-certification every 5 years by completing an application and online recertification training modules.

## **Provisional Qualification while Active in State-recognized Training & Consultation**

Clinicians who have not yet achieved TF-CBT Certification but meet the following criteria will be eligible for a NM Provisional EBP Qualification while they complete the requirements for TF-CBT Certification. They will have 12 months from the date of approval for the NM Provisional EBP Qualification to complete the TF-CBT Certification Process.

To be eligible for the NM Provisional EBP Qualification, clinicians must meet the following standards:

### **Professional Criteria**

* MA degree or above in MH discipline
* Professional license in MH discipline

### **Training**

* Completion of TF-CBT Web 2.0 online training course – 11 hours
  + The TF-CBT Web 2.0 is a self-paced, online training course comprised of 11 learning modules that cover the foundations of TF-CBT and the treatment components. Each module includes an explanation of the treatment component, video demonstrations and treatment procedures and techniques, clinical materials and resources. It is a pre-requisite for the TF-CBT training course.
* Completion of Live TF-CBT two-day training by approved national trainer\* OR Live training in context of approved learning collaborative of led by approved training for at least 6 months
  + The training may be in-person or virtual but must be “live,” not pre-recorded. It must be offered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program. The training includes an introduction to the impacts of trauma and training on all components of the model, including trauma psychoeducation, relaxation, affect modulation, cognitive coping, trauma narrative and processing, in-vivo exposures, in vivo exposure and enhancing safety.

### **Consultation**

* Completed participation in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Must participate in at least 9 of the 12 sessions. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.

OR

Currently participating in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Consultation must take place within 2 years of participation in the 2-day training. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee. If at least 9 consultation calls were not completed in the original call group, the clinician must restart and participate fully in a new 12 session consultation group.

## **Demonstrating Qualification**

Please complete The [Center of Innovation TF-CBT EBP Provider Qualification Questionnaire](https://centerofinnovationnm.org/forms/tfcbt-ebp-provider/) to provide documentation of meeting the TF-CBT Qualification standards or if you have completed some of the TF-CBT training and qualification requirements and would like your qualifications reviewed and feedback about how to achieve the NM Provisional EBP Qualification and TF-CBT Certification.

Training and consultation opportunities are available on <https://tfcbt.org/training/>

## **Quality Assurance Standards for Maintaining Qualification**

TBD