**LEARNING MORE ABOUT PROPOSED INTERVENTIONS & TREATMENTS FOR
CHILDREN WHO HAVE EXPERIENCED TRAUMA**

\*Intervention guidelines may change, and this list is neither exhaustive nor should it be intended as endorsement of any of the interventions/therapies listed below.

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| * ABC: Attachment & Behavioral Catch-Up\*
* AF – CBT: Alternative for Families: A Cognitive Behavioral Therapy\*
* ARC: Attachment, Self-Regulation & Competency
* CARE: Child-Adult Relationship Enhancement
* CPC – CBT: Combined Parent Child Cognitive Behavioral Approach for Children At Risk of Abuse
* CFTSI: Child and Family Trauma Stress Intervention\*
* CM – TFT: Culturally Modified Trauma – Focused Treatment
* CPP: Child – Parent Psychotherapy\*
* Early Pathways\*
* FCT: Family – Centered Treatment\*
* IFACES: International Family Adult & Child Enhancement Services (for Refugees)
* ITCT-C/ITCT-A: Integrative Treatment of Complex Trauma (Child & Adolescent)
* LC: Let’s Connect
* PC – CARE: Parent – Child Care
* PCIT: Parent-Child Interaction Therapy\*
* PSB – CBT – S: Problematic Sexual Behavior – Cognitive Behavior Therapy\*
* RRFT: Risk Reduction Through Family Therapy\*
* “Sanctuary Model”/Sanctuary Plus\*
* SFCR: Strengthening Family Coping Resources
* SMART: Safety, Mentoring, Advocacy, Recovery & Treatment
* SPARCS: Structured Psychotherapy for Adolescents Responding to Chronic Stress
* SPR: Skills for Psychological Recovery
* TA – FC: Trauma-Adapted Family Connections
* TAP: Assessment-Based Treatment for Traumatized Children
* TARGET: Trauma-Affect Regulations: Guide for Education and Therapy\*
* TFCBT: Trauma-Focused Cognitive Behavioral Therapy\*
* Theraplay\*
* TST: Trauma Systems Therapy

\*other methods of helping the child heal such as equine/animal therapy, massage, yoga, and occupational therapy may also be appropriate  | These interventions or therapies are included in National Child Traumatic Stress Network Trauma-Informed Intervention Series.Fact Sheets are also available in TLC’s Online Center:* Browse by Topic
* Trauma: Treatment
* Articles & Papers

**NOTE: An asterisk by the name of the intervention or therapy means that this intervention has been given an evidence-based rating on the California Evidence-Based Clearinghouse for Child Welfare. Others may have been listed but were not rated. Before determining if an intervention is appropriate for a client, it is important to look at both the Clearinghouse and NCTSN facts sheets, as available.**  |
| EMDR: Eye Movement Desensitization & Reprocessing\*  | https://www.emdr.com/what-is-emdr/ |
| NMT: Neurosequential Model of Therapeutics (Child Trauma Academy – Houston) (approach, not specific intervention)  | https://childtrauma.org/nmt-model/ |
| TBRI: Trust – Based Relational Intervention (TCU Karyn Purvis Institute of Child Development – Fort Worth)\*  | https://child.tcu.edu/about-us/tbri/ |
| Other : Check The California Evidence – Based Clearinghouse for Child Welfare | https://www.cebc4cw.org/ |

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