**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/](about:blank) |
| NMT: Neurosequential Model of Therapeutics (Child Trauma Academy – Houston) (approach, not specific intervention) | [https://childtrauma.org/nmt-model/](about:blank) |
| TBRI: Trust – Based Relational Intervention (TCU Karyn Purvis Institute of Child Development – Fort Worth)\* | [https://child.tcu.edu/about-us/tbri/](about:blank) |
| Other : Check The California Evidence – Based Clearinghouse for Child Welfare | [https://www.cebc4cw.org/](about:blank) |

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