

# DCYF Evidence-Based Practice (EBP) Reporting Guide

## Quick Reference

- This guide contains a list of the current DCYF-approved EBP trainings, certifications, and/or degrees.
    - In order to provide CBT, TF-CBT, AF-CBT, or DBT, you must be trained, certified, or have obtained a degree, included in the lists below.
    - Please submit documentation of training completion, certification, or degree obtained, with verification/attestation from the training or educational entity, upon request from DCYF.
      - “Training entities” are defined as organizations that train on specific clinical, therapeutic interventions and evidence-based treatments. Some training entities train on multiple therapeutic interventions. For example, the Harborview CBT+ Collaborative organization trains on CBT for depression, anxiety, trauma, and disruptive behavior.
    - These criteria are adapted from the 2021 Reporting Guide for Research and Evidence-based Practices in Children’s Mental Health by the Evidence Based Practice Institute of the University of Washington (UW), UW Medicine Department of Psychiatry and Behavioral Sciences, with the support of DBHR and HCA.
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- **Trauma Focused CBT (TF-CBT)**

- Harborview CBT+ Learning Collaborative
- Trauma Focused CBT
- University of Washington Certificate in EBP in Children's Behavioral Health
- University of Washington MA in Applied Child and Adolescent Psychology

- **Dialectical Behavioral Therapy (DBT)**

- Dialectical Behavioral Therapy

- **Alternatives for Families CBT (AF-CBT)**

- Alternatives for Families CBT

- **Cognitive Behavioral Therapy (CBT)**

- Acceptance and Commitment Therapy (ACT)
- Attachment-Based Family Therapy
- Being Brave
- Blues Program
- CBT for Psychosis
- Confident Kids
- Cool Kids
- Coping Cat
- Coping Cat/Koala book-based model
- Coping with Depression – Adolescents



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Division of Child Welfare Programs | Approved for distribution by Wendy Skarra, Systems Integration and Mental Health Program Manager

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- Coping Koala
- Effective Child Therapy/Society of Clinical Child and FRIENDS Program
- Effective Child Therapy/Society of Clinical Child and Adolescent Psychology
- Get Lost Mr. Scary Programme
- Harborview CBT+ Learning Collaborative
- Integrated behavior therapy for selective mutism
- Managing and Adapting Practice (MAP)
- Modularized Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Programs (MATCH-ADTC)
- Parent cognitive behavioral therapy (CBT) for children with anxiety
- Primary and Secondary Control Enhancement (PASCET)
- The REACH Institute (CATIE Trainings)
- Take Action Program
- Taming Sneaky Fears
- The CALM Program
- Timid to Tiger
- Turtle Program
- University of Washington Certificate in EBP Children's Behavioral Health
- University of Washington First Episode Psychosis/CBT for Psychosis Program
- University of Washington MA in Applied Child and Adolescent Psychology



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