

## Handout: Evidence-based and Evidence-informed Practices

Attachment and Biobehavioral Catch-up (ABC): Attachment and Biobehavioral Catch-up (ABC), is an intervention, developed by Dr. Mary Dozier, and tailored toward infants who have experienced early adversity. It is a 10-session home visiting program that is effective in enhancing parental sensitivity and children's attachment security and regulatory capabilities.

<http://www.cebc4cw.org/program/attachment-and-biobehavioral-catch-up/>

Attachment, Regulation & Competency (ARC): Attachment, Regulation & Competency (ARC) is a framework for intervening with youth and families who have experienced multiple and/or prolonged traumatic stress (complex trauma) by building attachment, self-regulation, and competency with the caregiver and child.

[http://www.nctsn.org/sites/default/files/assets/pdfs/arc\\_general.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/arc_general.pdf)

Child-Parent Psychotherapy (CPP): Child-Parent Psychotherapy (CPP) is a treatment for trauma-exposed children aged 0-5, with a central goal of supporting and strengthening the caregiver-child relationship as a vehicle for restoring and protecting the child's mental health. <http://www.cebc4cw.org/program/child-parent-psychotherapy/>

Circle of Security (COS): The overall Circle of Security protocol focuses on teaching parents the fundamentals of attachment theory and children's use of parents as a secure base. <https://www.circleofsecurityinternational.com/>

Coping Cat: Coping Cat is a cognitive-behavioral treatment for anxious children, ages 7 to 13 and for those with separation anxiety disorder. There also is a version for adolescents known as the C.A.T. Project.

<http://www.cebc4cw.org/program/coping-cat/detailed>

Dyadic Developmental Psychotherapy (DDP): Dyadic Developmental Psychotherapy (DDP) was developed for children who failed to experience the dyadic (reciprocal) interaction between a child and parent that is necessary for normal development. The foundation of these interventions--both in home and in treatment--must incorporate attitudes based on playfulness, acceptance, curiosity, and empathy.

<https://ddpnetwork.org/>

Eye Movement Desensitization and Reprocessing (EMDR): Eye Movement Desensitization and Reprocessing (EMDR) can be an effective therapeutic tool with older youth who have experienced trauma or have a diagnosis of PTSD. It is a comprehensive, integrative psychotherapy approach, including psychodynamic, cognitive, behavioral, interpersonal, experiential, and body-centered therapies.

<http://www.emdr.com>

Incredible Years: The Incredible Years is an evidence-based parenting program designed to work jointly to promote emotional, social, and academic competence and to prevent, reduce, and treat behavioral and emotional problems in young children. <http://incredibleyears.com/>

Multisystemic Therapy (MST): This intensive family- and community-based treatment program focuses on addressing all environmental systems that impact these youth -- family, school, neighborhood, and friends. <http://mstservices.com/>

Parent-Child Interaction Therapy (PCIT): Parent-Child Interaction Therapy (PCIT) is a treatment for young children with emotional and behavioral problems with the goal to improve parent-child interaction patterns, teach parents nurturing skills, increase prosocial behavior, and decrease negative behavior. [www.pcit.org](http://www.pcit.org)

Parenting with Love and Limits (PLL): Parenting with Love and Limits (PLL) is a program involving group, family, and individual therapy for children and adolescents with severe emotional and behavioral problems and their parents. It seeks to teach families how to reestablish adult authority through consistent limits, while reclaiming a loving relationship. <https://gopll.com/>

Positive Parenting Program (Triple P): Positive Parenting Program (Triple P) is an evidence-based parenting program that includes a range of parenting interventions with varying intensity - from universal parenting classes to classes for parents with identified parenting challenges. <http://www.triplep.net/glo-en/home/>

*Real Life Heroes*: Real Life Heroes® (RLH) provides practitioners with easy-to-use tools including a life storybook, manual, multisensory creative arts activities, and psychoeducation resources to engage children and caregivers in evidence supported trauma treatment. <http://www.reallifeheroes.net/>

Theraplay: Theraplay is a structured play therapy for children with a range of externalizing behaviors or interpersonal problems and their parents. The goal is to enhance attachment, self-esteem, trust in others, and joyful engagement. <https://theraplay.org/>

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT): Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is designed to reduce negative emotional and behavioral responses resulting from trauma for children, adolescents, and their caregivers. The treatment is based on learning and cognitive theories and addresses distorted beliefs and attributions related to the abuse, and provides a supportive environment in which children are encouraged to talk about their traumatic experience. <https://tfcbt.org/>

Trust-Based Relational Intervention (TBRI): Trust-Based Relational Intervention (TBRI) is an attachment-based, trauma-informed intervention that uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. <https://child.tcu.edu/about-us/tbri/#sthash.TKQE2PTU.dpbs>