3-DAY LIVE VIRTUAL OR IN-PERSON TRAINING

TF-CBT Basic Training

FORMAT Live and interactive on Zoom (synchronous), or in person

DURATION 6 Hours Each Day (4.5 Hours of Instruction) **TIME** 11:00 AM – 5:00 PM ET, Each Day **TRAINER** Ashley Fiore, LCSW

TOTAL CES 13.5 NBCC & ASWB

On Zoom, participants take part in real-time discussion, Q&A, demonstrations and skills practice. A computer with camera, microphone and the current version of Zoom is required.

CE Credits Available: 13.5 NBCC CE hours | 13.5 ASWB CE credits (Course #6594) · NBCC ACEP No. 8098 · Full attendance and post-training evaluation required for CE credit

SESSION AGENDA

TIME (ET)	CES	TOPIC AND CONTENT (TEACHING METHODS)
Day 1 of 3 | 4.5 CEs		
11:00 – 12:30	1.5	**TF-CBT Principles and Model Overview** *(Didactic instruction, large-group discussion)* Goals of TF-CBT · Overview of TF-CBT components · Components-based treatment and pace of trauma-focused treatment · Importance of gradual exposure · Individualizing treatment for culture, development, and interests · Crises of the Week and session agendas · Instilling hope, manufacturing mastery moments
12:30 – 1:15	Lunch	
1:15 – 2:45	1.5	**Assessment and Early Psychoeducation** *(Didactic instruction, case demonstration, large-group discussion)* Impact of trauma on children and families · Creating a foundation for trauma-focused therapy: normalizing symptoms and orienting to treatment
2:45 – 3:00	Break	
3:00 – 3:45	0.75	**Psychoeducation** *(Didactic instruction, skills demonstration)* Socratic questioning with children and caregivers · Gradual exposure during the Psychoeducation component · Common parental issues in child traumatization
3:45 – 4:00	Break	
4:00 – 4:45	0.75	**Parenting** *(Didactic instruction, skills demonstration)* Parenting skills and behavior management · Gradual exposure during the Parenting Skills component
4:45 – 5:00		**Questions and Wrap-Up** *(Large-group discussion)*
Day 2 of 3 | 4.5 CEs		
11:00 – 12:15	1.25	**Relaxation / Affective Expression and Regulation** *(Didactic instruction, skills demonstration, case application)* Coping strategies to reduce physiological symptoms · Integrating gradual exposure into the Relaxation component · Including caregivers as your co-therapist · Coping strategies to reduce affective symptoms · Integrating gradual exposure into Affective Expression and Regulation · Application to the caregiver
12:15 – 1:00	Lunch	
1:00 – 2:15	1.25	**Cognitive Coping** *(Didactic instruction, skills demonstration)* Teaching metacognitive work at different developmental levels · Review of cognitive coping strategies · Integrating gradual exposure without challenging trauma-specific thoughts
2:15 – 2:30	Break	

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2:30 – 4:00	**1.5**	**Trauma Narration Development** *(Didactic instruction, demonstration, skill practice)* Introduction to the Trauma Narration component · Continuation of gradual exposure: creating the narrative · Goals and purpose: gaining mastery of traumatic memories and meaning making · Review and demonstration of procedure for developing the trauma narrative
4:00 – 4:15	**Break**	
4:15 – 4:45	**0.5**	**Trauma Narration Development, continued** *(Skill practice)* Skills application practice: Trauma Narration development
4:45 – 5:00		**Questions and Wrap-Up** *(Large-group discussion)*

Day 3 of 3 | 4.5 CEs

11:00 – 12:30	**1.5**	**Cognitive Processing** *(Didactic instruction, demonstration, skill practice)* Main clinical goals of the Cognitive Processing component · Common themes of trauma-related cognitive distortions · Strategies to identify and challenge cognitive distortions with the child
12:30 – 1:15	**Lunch**	
1:15 – 2:45	**1.5**	**Cognitive Processing, continued** *(Skills demonstration, experiential practice)* Cognitive Restructuring: demonstration of skills and practice · Cognitive Restructuring with caregivers
2:45 – 3:00	**Break**	
3:00 – 3:30	**0.5**	**Conjoint Sessions** *(Didactic instruction, discussion)* Main clinical goals of Conjoint Sessions · Preparation for the Conjoint Session in which the child shares their trauma narrative with the caregiver
3:30 – 3:45	**Break**	
3:45 – 4:45	**1.0**	**In Vivo Mastery / Enhancing Future Safety and Development** *(Didactic instruction, case application)* Clinical goals of in vivo mastery of trauma reminders · Introducing in vivo work and developing an in vivo desensitization plan · Enhancing safety skills and risk reduction · Personal safety skills and increasing awareness · Supporting the caregiver taking the lead
4:45 – 5:00		**Questions and Wrap-Up** *(Large-group discussion)*

LEARNING OBJECTIVES *Upon completion of training, participants will be able to:*

1. Describe the theoretical basis and core components of TF-CBT and apply the model to appropriate client populations
2. Implement gradual exposure across all PRACTICE components in a sequential, individualized manner
3. Conduct a trauma-informed comprehensive assessment and use findings to guide treatment planning and Early Psychoeducation
4. Demonstrate Trauma Narration development and processing techniques with children and their caregivers
5. Apply Cognitive Processing strategies to identify and challenge trauma-related cognitive distortions
6. Facilitate Conjoint Sessions, In Vivo Mastery, and Enhancing Safety components to complete the full course of TF-CBT

Reminder for CE Credit: Attendance for all training days is required, and partial credit is not available. Complete the post-training evaluation to receive your CE certificate, which is issued within 5 business days.

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ATTENDANCE AND CE CREDIT

For Zoom sessions, attendance is tracked with Zoom participant reports, which record each participant's join and leave times as the official record of participation. For in-person sessions, attendance is verified with a monitored sign-in and sign-out record each day. Please join using your full name as registered. Joining under a nickname, a colleague's name, or a partial name may delay your certificate.

To receive CE credit, you must attend the entire training and complete the post-training evaluation. **Partial credit is not available**, and certificates can't be issued for watching a recording in place of live attendance. Certificates are issued within 5 business days of completing the evaluation.

If a technical problem pulls you out of the session, rejoin as quickly as you can and let the trainer know in the chat. If you miss part of the training, CE credit can't be issued. Transfers to a future offering for missed time are at Ashley Fiore, LCSW PLLC's discretion and are not guaranteed.

REGISTRATION, REFUNDS, AND CANCELLATION

PARTICIPANT REFUND POLICY

Your registration covers both the training days and the consultation calls.

60 or more days before the first training day: full refund, or transfer to a future cohort.

30 to 59 days before: no cash refund, but a credit for 50% of the registration fee toward a future training.

Fewer than 30 days before: no refund or transfer.

Once training begins: no refund for any part of the registration, including consultation calls you don't attend.

Substitutions. A colleague who meets the training's eligibility requirements may take your place for both the training and consultation if you let us know before the first training day. Email ashley@ashleyfiore.com to arrange it.

Emergencies. Exceptions may be made for medical emergencies at Ashley Fiore, LCSW PLLC's discretion.

CANCELLATION BY ASHLEY FIORE, LCSW PLLC

If Ashley Fiore, LCSW PLLC cancels or reschedules a training for any reason, including low enrollment or instructor illness, you'll be notified promptly and offered a full refund or a free transfer, whichever you prefer.

Ashley Fiore, LCSW PLLC is not responsible for travel or other costs participants incur.

ACCESSIBILITY

We want everyone to be able to participate fully. If you need an accommodation, such as captioning, materials in an alternate format, or scheduled breaks, please email ashley@ashleyfiore.com at least 10 business days before the training, and we'll work with you to arrange it.

GRIEVANCE POLICY

If you have a concern about a training, including course content, the trainer, the facility or platform, a refund request, or a certificate you haven't received, please email ashley@ashleyfiore.com within 30 days of the training. We'll acknowledge your concern within 5 business days and work toward a resolution within 30 days.

Geoff Sidoli, MSW, LCSW, our social work planner, takes part in resolving every grievance from a social worker, so each concern is reviewed by a licensed social worker other than the CE director. We keep a record of each grievance and the steps taken, share it with ASWB or NBCC when requested, and report complaints to NBCC as its policy requires. Every concern is used to improve future trainings.

CE APPROVALS

NBCC. Ashley Fiore, LCSW, PLLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 8098. Programs that do not qualify for NBCC credit are clearly identified. Ashley Fiore, LCSW, PLLC is solely responsible for all aspects of the programs.

ASWB. TF-CBT Basic Training, course #6594, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Ashley Fiore, LCSW PLLC as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 1/8/2026 – 1/8/2028. Social workers completing this course receive 13.5 continuing education credits.

Questions about registration, CE credit, or policies? ashley@ashleyfiore.com | (828) 230-1637 | 725 Merrimon Ave. #8337, Asheville, NC 28804

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