

## What are Evidence-based and Research-based Treatments?



Evidence-based practices not only integrate the best available scientific information, but also allow the therapist to individualize the interventions with a sensitivity to the personality and cultural characteristics of the child and his or her family. All staff in DCAC's Child and Adolescent Assessment and Treatment Program are master's level prepared therapists, either with licensure or supervised by licensed clinical supervisors. All DCAC therapists participate in ongoing training for the effective delivery of evidence-based treatments including:

- **Eye Movement Desensitization and Reprocessing (EMDR)** is a therapeutic technique, using bilateral stimulation that allows individuals who have been exposed to disturbing, and possibly traumatizing events to activate the nervous system's natural mechanisms for processing the memories. The individual does not forget the experience, but is able to integrate it so it can be recalled instead of being re-experienced.
- **Trauma-Focused Cognitive Behavioral therapy** - a components-based approach to working with children and adolescents that integrates trauma-sensitive interventions, cognitive behavioral principles of gradual exposure, integrating attachment, development and family based models in order to address symptoms of post-traumatic stress disorder, depression and anxiety associated with exposure to overwhelming life events.
- **Alternatives for Families - Cognitive Behavioral Therapy (AF-CBT)** is an intervention for families who struggle to manage anger, conflict and aggression. The interventions increase use of positive coping, self-control, effective disciplinary strategies and constructive family problem solving and communication.
- **Child-Parent Psychotherapy (CPP)** is a relationship-based treatment for parents and young children, which aims to help restore normal developmental functioning in the wake of domestic violence and trauma. CPP concentrates on restoring the attachment relationships that are negatively affected by violence, establishing a sense of safety and trust within the parent-child relationship.

DCAC also employs new and promising approaches where research indicates the intervention has a positive impact, but there is not yet a conclusive body of evidence. Effective research-based treatments at DCAC include:

- **Neurosequential Model of Therapeutics (NMT)** is a developmentally sensitive, neuro-biologically informed approach to organizing clinical information and structuring interventions. Using detailed social developmental histories along with assessment of current functioning, the clinical staff create individualized developmentally targeted treatment plans that will integrate the use of sensory, relational and cognitive interventions

- **Play Therapy** - a therapeutic approach for young children in which the therapist uses toys, art supplies, sand trays, games and physical activities to communicate with the child in their language, which is play. Because younger children and many older traumatized youth have limited capacity to effectively communicate in words, the play allows the client to symbolically communicate internal experiences and to master anxiety producing memories.
- **Animal Assisted Therapy (AAT)** is a goal-directed intervention in which an animal that meets specific criteria is an integral part of the treatment process. AAT is provided by a health/human service professional with specialized expertise, and within the scope of practice of his/her profession. AAT is designed to promote improvement in human physical, social, emotional, and/or cognitive functioning (cognitive functioning refers to thinking and intellectual skills).
- **Adjunct therapeutic groups (Yoga and Mindfulness training)** emerging research has indicated that helping clients with the management of painful body sensations, emotional dysregulation, dissociation and the disruption on the client's developing sense of self prior to engaging in trauma processing improves clinical outcomes.

Denver Children's Advocacy Center is committed to being a "Center of Excellence," providing the best research-based interventions, focused on reducing our client's suffering and facilitating their healing and recovery.