

Forensically Sensitive Therapy National Children’s Advocacy Center

Program Description	Pilot program for sexually abused children that offers a range of primarily cognitive-behavioral therapy (CBT) services in an individual therapy format.
Target Population	Children and adolescents ages 4–17, predominantly female. Presenting problems are diverse, ranging from anxiety and depression to risk-taking behaviors and functional impairment. Program is designed for a mental health clinic.
Essential Components	Psychoeducation, CBT, social skills, family skills, and relaxation techniques are offered in individual weekly sessions that can extend to 30 or more sessions.
Trainings & Program Material	A two-to-three day training is offered to providers with follow-up supervision. This program has been implemented only at the site (Advocacy Center). A workbook is available. A manual is currently in development.
Outcomes/ Evaluation	Review of 32 cases indicate posttreatment reductions on measures including the CSBI, CBCL, and TSCC.
Replications	Piloted only at the Advocacy Center.
Anecdotal Observations	(Noteworthy other points-like awards; spread in the community/region)
Program Developer	National Children’s Advocacy Center, Huntsville, AL General
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