




Learning Collaborative for
Clinical Training in the University of Oklahoma
Problematic Sexual Behaviors – Cognitive-Behavioral Therapy
for School-Age (7-14) Children

Information Call
Oklahoma Learning Collaborative 2024



 The UNIVERSITY of OKLAHOMA
Health Sciences Center

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Acknowledgements and Disclaimer

This project is supported by the National Child Traumatic Stress Network. The views expressed in written training materials or publications and by the speakers and moderators do not necessarily reflect represent the official position or policies of the funding organization, nor does mention of trade names, commercial practices, or organizations imply endorsement by the funding organization.



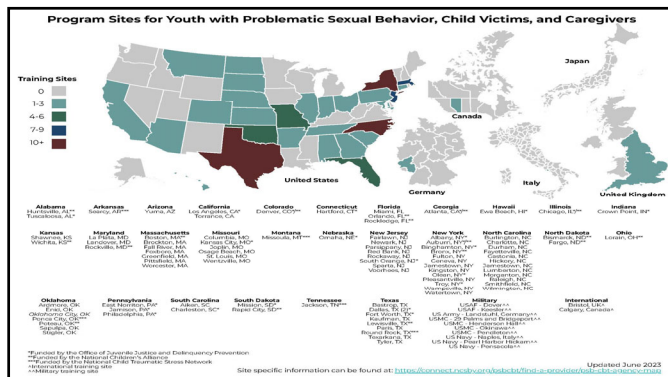
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Information Call Agenda

- Introduction to the Problematic Sexual Behavior – Cognitive-Behavioral Therapy (PSB-CBT) Projects
- Overview of PSB in children
- PSB-CBT model for school-age children
- PSB-CBT Learning Collaborative information
- Key project dates



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Learning Collaborative Mission




- To improve access for young children and their families to the evidence-based treatment implemented with fidelity.
- To build organizational and community capacity necessary for participating agencies to implement, sustain & continue to improve the delivery of evidence-based practices over time.

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PROBLEMATIC SEXUAL BEHAVIOR IN CHILDREN


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What Are Problematic Sexual Behaviors (PSB)?

- Child initiated behaviors that involve private parts, such as breasts, vulva, penis, testicles, buttocks, and anus.
- Developmentally inappropriate and/or potentially harmful to self or others.
- May be illegal per State and/or Federal statutes



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Who are Children with PSB?


- Very diverse group; no profile
- Children of all ages have PSB
- Some have a variety of other concerns
 - Externalizing (e.g., rule breaking, ADHD)
 - Internalizing (e.g., trauma symptoms, anxiety)
 - Learning and language problems


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How Do Children Develop PSB?

- Origins to problematic sexual behaviors are varied, and often complex
- Factors impacting development of PSB may include
 - Exposure to sexualized media or other material
 - Sexual abuse
 - Coercive environment
 - Individual child factors
 - Caregiver factors
 - Community factors




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How Many Children with PSB Are There?

- Difficult to determine
- Multiple agencies may or may not be involved
- Juvenile justice data estimates 1/3 of all sexual offenses are committed by minors




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PSB-CBT Treatment Outcomes Research

- 10-year follow up on original PSB-CBT project
 - Carpentier, M.Y., Silovsky, J.F., & Chaffin, M. (2006)
- Comparison Group: Children with Disruptive Behavior Disorders seen at same time at same location
- Retrieved information from administrative records from Child Welfare, Juvenile Court, and Oklahoma State Bureau of Investigations
- Subjects were children with PSB ages 6-12 at time of original project
 - 59 CBT Group Therapy
 - 64 Dynamic Play Therapy Group
 - 156 Comparison – Disruptive Behavior Disorders no known PSB
- Similar age and race; comparison group more likely to be male



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Does Therapy Work with Children with PSB?

10 year Outcomes after Randomized Clinical Trial

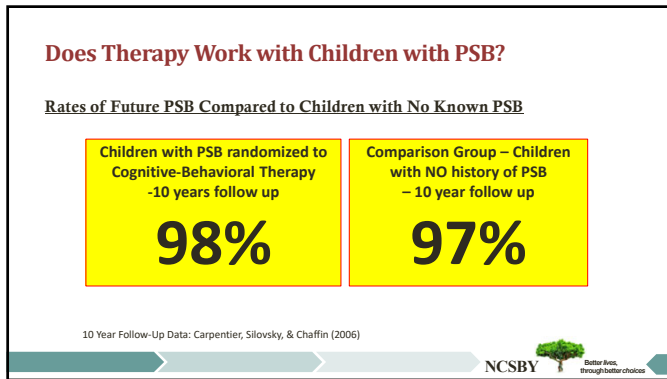
Percent no reported Illegal Sexual Behavior	
Cognitive-Behavioral Therapy 12 Sessions: Caregiver & Child 98%	Dynamic Play Therapy 12 Sessions: Caregiver & Child 89%

10 Year Follow-Up Data: Carpentier, Silovsky, & Chaffin (2006)



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What Clinical Elements Effectively Treat PSB?

- Meta-analysis by St. Amand, A., Bard, D.E., & Silovsky, J.F. (2008)
- Caregiver: Behavior parent training
 - Rules about sexual behavior and boundaries
 - Abuse prevention
 - Sexual education
- Child: Impulse-control skills
- Ineffective: Practice elements evolved from treatments for adult sex offenders

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UNIVERSITY OF OKLAHOMA PROBLEMATIC SEXUAL BEHAVIOR – COGNITIVE-BEHAVIORAL THERAPY (PSB-CBT)

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OU PSB-CBT Model for School-Age Children


- Nationally recognized and supported by research
- Cognitive-Behavior Therapy orientation
- Children ages 7-12 and their caregivers
- Outpatient treatment appropriate for most
- Typically short-term
- Delivered via group or family treatment modalities
- Caregiver participation is required

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PSB-CBT Treatment Format


- Highly structured and interactive
- Directly addresses sexual behavior
- Rule-based learning experiences
- Directive therapists
- Psycho-educational, cognitive-behavioral format
- Practice time with parents/caregivers
- Weekly homework



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OU PSB-CBT School-Age Treatment Topics

- Supervision and safety
- Parenting strategies
- Rules about sexual behavior and boundaries
- Affective and cognitive coping skills
- Self-control strategies
- Social skills
- Abuse prevention
- Sexual education
- Empathy and impact of behavior on others



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PSB-CBT Group Modality

- Open group design
- Peer focused; mutual support
- Weekly concurrent child and caregiver group sessions of 60-90 minutes with regular combined sessions
- Most children are able to complete treatment in about 4½ to 6 months (18-22 sessions)



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OU PSB-CBT Family Modality

- Weekly sessions of 60-90 minutes
 - Some sessions are caregiver only (no child present)
 - Sessions typically are split between caregiver and child
 - Regular combined sessions
- Most children are able to complete treatment in about 4 – 5 months (16-20 sessions)



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PSB-CBT LEARNING COLLABORATIVE



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Adaptation for Mental Health

- NCCTS adapted IHI's Breakthrough Series Model for use with community mental health providers in order to bridge the gap between knowledge and practice.
- The resulting NCCTS Learning Collaborative Model for the Adoption & Implementation of Evidence-Based Mental Health Treatment, provides the framework where clinical training and organizational capacity are addressed simultaneously.



Ebert, L., Amaya-Jackson, L., Markiewicz, J., Burroughs, J. (2008). *The NCCTS Learning Collaborative Model for the Adoption & Implementation of Evidence-Based Mental Health Treatment: NCCTS Guidelines for Conducting a Learning Collaborative*. Los Angeles, CA and Durham, NC: National Center for Child Traumatic Stress and Duke University Evidence-Based Practice Implementation Center.



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Successful Implementation of Evidence-Based Practice

Carefully **selected** practitioners receiving **coordinated** training, **coaching**, and frequent **performance assessments**



Fixen, Naoom, Blase, Friedman & Wallace (2005)



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What Is Included in the Training Package for the OU PSB-CBT-S Model?



- Intensive clinical training over 12 months
 - Three in person Learning Sessions and twice a month consultation
 - Assessment and PSB-CBT clinical
 - Fidelity monitoring
- Senior (Administrative) Leader support
 - Included in Learning Sessions plus one unique virtual Learning Session
 - Monthly consultation
 - Program implementation and sustainability
- Community Stakeholders training and support
 - Promote community support for the identification, referral, and treatment services for youth with PSB their child victims (when appropriate), and their families.



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What Constitutes a PSB Team?


- Senior Leader
- Clinical supervisor (can be the same as Senior Leader, Clinician)
- Clinicians
 - Group = minimum 4

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Carefully selected practitioners

- How are therapists selected for this learning collaborative?
- What are the pre-req's and onboarding steps for therapists in your agency?
- How are therapists selected for the PSB-CBT program?
 - What would be qualities of a therapist who would be a good match for PSB-CBT?
 - Training, background, interests, therapeutic personality, etc.
 - What will be each therapist's role on your PSB-CBT team?
 - How do graduate trainees fit into your program?
 - What would be qualities of a therapist who would be a poor match for PSB-CBT?
- If your agency employs contractual therapists, how will your agency support/cover time for training, supervision, team meetings?



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Other Factors for Successful Implementation

- Organizations provide infrastructure needed for timely training, skillful supervision and coaching, and regular process and outcome evaluations
- Communities and consumers are fully involved in the selection and evaluation of programs and practices
- State and Federal funding avenues, policies, and regulations create a hospitable environment for implementation and program operations

Fixen, Naoom, Blase, Friedman & Wallace (2005); Ake (2011)



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Carefully selected Supervisors

- Does the supervisor selected provide regular supervision to the clinical staff selected?
- Has the selected supervisor provided supervision in the past?
- Will the clinical supervisor get additional support and time to provide supervision to the clinical staff?



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Senior Leader Role and Responsibilities

- Should be someone with authority to make decisions within the agency regarding time and resources
- At least one Senior Leader is required per agency team (The Senior Leader should not also be training as a treatment provider)



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Senior Leader Role and Responsibilities

- Should be committed to regular, at least monthly, meetings with the implementation team
- Required to attend face-to-face learning sessions with their team and participate in monthly group calls with other agency leaders



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Carefully selected Senior Leaders

- Implementing PSB-CBT within a community requires a **strong champion** to lead the effort.
- Senior Leaders are responsible for **changes within their agency** and provide support and advocacy for the Clinical Staff
- Senior Leaders are also **strongly connected** to their stakeholder and community partners.
- A Senior Leader is identified an individual who possess the **ability to effect community wide change** and support implementation of evidence-based treatment.



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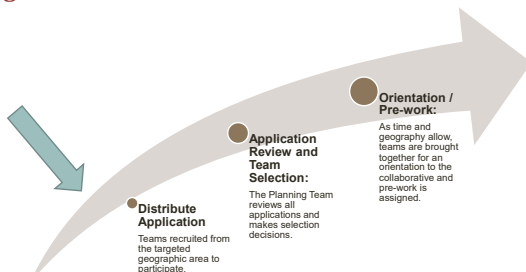
Community Change Team

- Any agency that may have contact with a youth with PSB or an impacted child
- Review protocols and procedures to identify and respond to PSB
- Improve inter-agency collaboration
- Identify resources and methods to support families
- Improve access to treatment for exhibiting and impacted youth

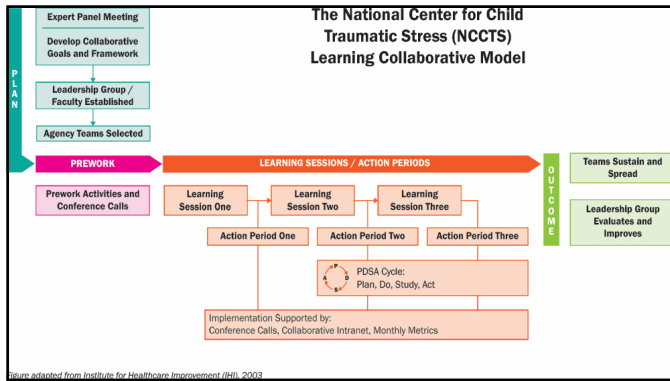


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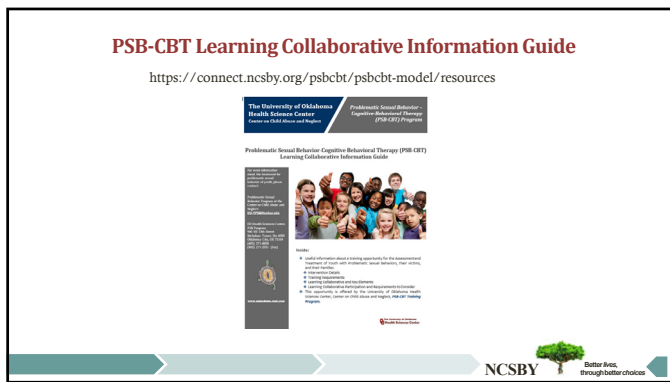
Learning Collaborative Launch Period



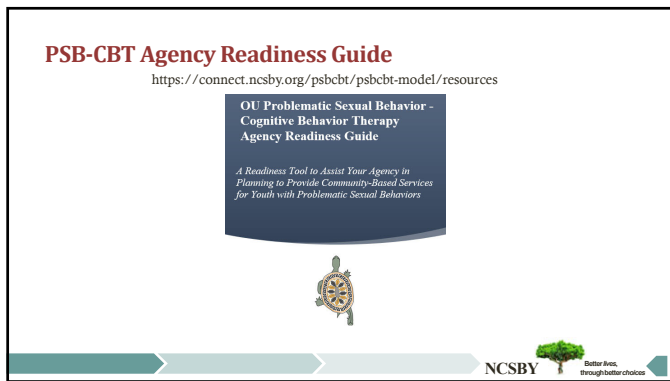
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PSB-CBT Agency Readiness Guide



- Designed to help you and your agency to discuss important factors in preparation for completion of the formal application for the PSB-CBT Program
- Informs steps that promote success, self-assessment, and next steps
- Topics addressed:
 - Referrals
 - Community Collaborations
 - Caregiver Participation
 - Previous Success with Evidence-Based Practices
 - Assessments
 - Logistics
 - Family and Cultural Considerations
 - Sustainability



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PSB-CBT Agency Readiness Guide

- Self-assessment and planning
- Prepare agency application
- INTERNAL use only
 - Not required
 - Do not submit to OU team

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PSB CBT Program Information for Stakeholders

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PSB-CBT Agency Application

Completed in RedCap

University of Oklahoma Training Program for
Treatment of Problematic Sexual Behavior

Agency Application

Thank you for your interest in clinical training and program implementation in the University of Oklahoma
Problematic Sexual Behavior - Cognitive Behavioral Therapy (PSB-CBT) Treatment models for children and
youth with problematic sexual behavior. This training is designed for professionals in which a Child Advocacy
Center is the host agency or the applicant with a related facility or service agency to provide the direct care.

Person completing application: _____ Date completed: _____

SECTION I: Primary/Lead Agency: Partnering Agency and Service Provider Information

Primary/Lead Agency

Agency name: _____
 Agency type: ☐ Child Advocacy Center ☐ Mental Health or Service Agency
 Street address: _____
 City: _____ State: _____ Zip: _____
 Main Phone: _____ Fax: _____
 Email: _____

Executive or Site Director

Name: _____ Title: _____
 Office Phone: _____ Fax: _____
 Email: _____

Partnering Agency (must be whichever is not marked above)

Agency name: _____
 Agency type: ☐ Child Advocacy Center ☐ Mental Health or Service Agency
 Street address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Fax: _____
 Email: _____

1. What are your hours and community to seek training in the PSB-CBT models for children?

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PSB-CBT Supervisor Application

Completed in RedCap

University of Oklahoma Training Program for
Treatment of Problematic Sexual Behavior

Supervisor Application

Each clinician that is expected to provide Problematic Sexual Behavior - Cognitive Behavioral Therapy (PSB-
CBT) or clinical services to youth with PSB should complete this application annually. Completed applications
should be submitted as directed by the host agency or to the Training Coordinator at JLH@ouhsc.edu or
800-452-2771 (2023). Please note that the word "youth" refers to children and adolescents.

SECTION I: Contact Information

Name: _____ Phone: _____ Email: _____
 Department (Discipline): ☐ S.A. ☐ S.S. ☐ M.A. ☐ M.D. ☐ Ph.D. ☐ Other: _____
 Agency: _____
 Mailing address: _____
 Office phone: _____ Alternate phone: _____ Fax: _____
 Email: _____

SECTION II: Employment and Licensure Information

1. Licensure: ☐ Not licensed ☐ Licensed Under Supervision - License Type: _____
 Yes - License Type: _____ Number: _____
 Year obtained: _____ Status: ☐ Active ☐ Inactive

2. Employment status: ☐ Full time ☐ Part time - Hours per week: _____
☐ Contract - Hours per week: _____

3. How long have you been with this agency? _____

4. Do you provide supervision to other professionals? ☐ No ☐ Yes - Complete the following:
 A. How many supervisees? _____
 B. What disciplines/licenses do these professionals have (e.g., M.S., LCBIS, LPC, etc.)? _____

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PSB-CBT Clinical Provider Application

Completed in RedCap

University of Oklahoma Training Program for
Treatment of Problematic Sexual Behavior

Clinical Provider Application

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should be submitted as directed by the host agency or to the Training Coordinator at JLH@ouhsc.edu or
800-452-2771 (2023). Please note that the word "youth" refers to children and adolescents.

SECTION I: Contact Information

Name: _____ Gender: ☐ Male ☐ Female
 Department (Discipline): _____
 Agency: _____
 Mailing address: _____
 Office phone: _____ Alternate phone: _____ Fax: _____
 Email: _____

SECTION II: Employment and Licensure Information

1. Licensure: ☐ Not licensed ☐ Licensed Under Supervision - License Type: _____
 Yes - License Type: _____ Number: _____
 Year obtained: _____ Status: ☐ Active ☐ Inactive

2. Employment status: ☐ Full time ☐ Part time - Hours per week: _____
☐ Contract - Hours per week: _____

3. How long have you been with this agency? _____


4. Do you provide supervision to other professionals? ☐ No ☐ Yes - Complete the following:
 A. How many supervisees? _____
 B. What disciplines/licenses do these professionals have (e.g., M.S., LCBIS, LPC, etc.)? _____

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Model Training and Fidelity Requirements


- Completion of the PSB-CBT Program Organization Agency and Provider Applications
 - Sites are *not* required to be NCTSN sites or affiliates
 - Preference may be given to those applicants who are NCTSN Cat II, III, or affiliates
- Completion of all required pre-work assignments
 - Pre-test
 - Required Readings
 - NCTSN Requirement: 12 core concepts for understanding traumatic stress responses in children and families (online)



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Model Training & Fidelity Requirements


- Attendance and active participation in all scheduled PSB-CBT Learning Sessions conducted or approved by and PSB-CBT Master Trainer.
- Clinical experience requirements
 - Group modality: One year of experience conducting PSB-CBT treatment with a minimum of four families (i.e., caregiver and youth) through completion
 - Need to reach fidelity in both child and caregiver



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Model Training & Fidelity Requirements


- Family modality: Six months experience conducting PSB-CBT treatment with a minimum of two families (i.e., caregiver and youth) through completion
- Implementation the PSB-CBT model per the treatment curriculum and with appropriate conceptualization of youth with PSB.
- Active participation in consultation calls facilitated or approved by a PSB-CBT Master Trainer for one year.



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Model Training & Fidelity Requirements

- Recordings of PSB-CBT sessions submitted for review and feedback by PSB-CBT Master or Approved Trainers.
- Clinicians are encouraged to review own recordings to evaluate own performance.
- Demonstrate competence in assessing PSB families' progress in treatment using clinical judgment and the CSBI (and other standardized measure) to make appropriate decisions about completion of PSB-CBT treatment services.




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Agency Requirements

- Serve children within the appropriate age range (7-12 years) and their caregivers for a length of time sufficient to complete treatment
- Allow time for trainees to participate in ongoing training and consultation for approximately 12 months



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Agency Requirements


- Have appropriate clinical (or virtual) treatment space*
- PSB Program supplies (and storage)
- Have the ability to record sessions (video recording)*
- Provide internet access for clinicians to engage in on-line training calls and access training resources

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Time Requirements and Associated Costs

- Staff time, travel, and lodging costs associated with participation in the three in-person (virtual as back-up) learning sessions.
- All team members (Senior Leader, supervisor, clinicians) are required to participate in the Learning Sessions)
- Senior Leaders have an additional Learning Session.
- Agency resources necessary
 - Conduct assessments
 - Conduct group/family sessions
 - Access Internet
 - Record sessions



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Time Requirements and Associated Costs

- Pre-work activities
- Direct training activities
- Clinical consultation activities
- Recording procedures
- Implementation team-based activities including program coordination, pre- and post-group staff meetings and supervision.



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Key Project Dates

<u>Information Call</u> November 9, 2023	<u>Welcome Call</u> April 8, 2024 12:00 CST	<u>Learning Session 1</u> (Background & Assessment) May 15-17, 2024
<u>Applications Due</u> February 2, 2024	<u>Senior Leader Call</u> May 1, 2024	<u>Learning Session 2</u> (Clinical Treatment, part 1) July 17-19, 2024
<u>Selection Announced</u> February 29, 2024		<u>Learning Session 3</u> (Clinical Treatment, part 2) September 18-20, 2024
		<u>Learning Session 4</u> (Next Steps; Virtual) April 4, 2025


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Applications (Due February 2, 2024)



Agency Application



Provider Application



Supervisor Application

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Questions about the PSB-CBT Training and Application?

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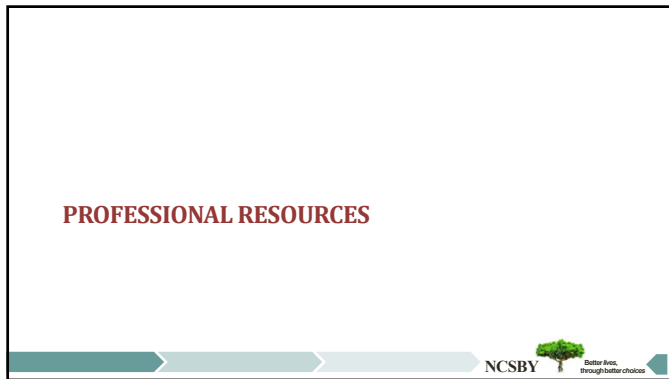
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Questions?

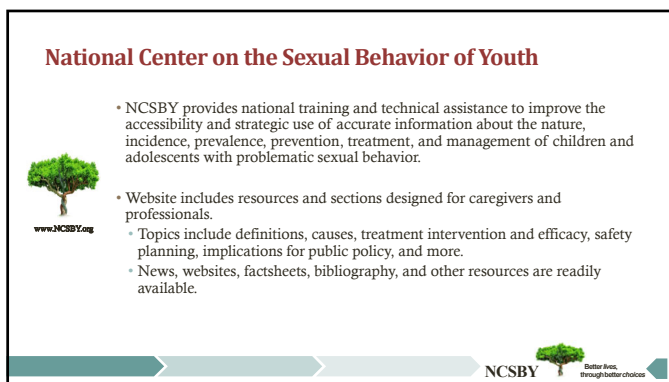


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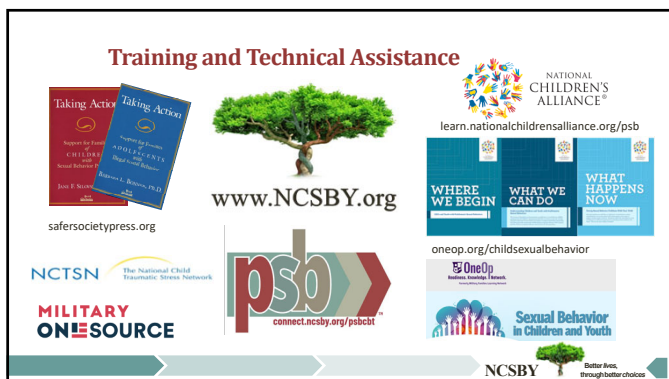
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