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| **Adult Evidenced Based Practices** **Cognitive Enhancement Therapy** |
| Helps individuals with schizophrenia and related disorders improve brain and cognitive development, social cognition and increase vocational capabilities. **Dialectical Behavior Therapy (DBT)** |
| A CBT model aimed at treating Borderline Personality Disorder but is also good for treating mood disorders, suicidal ideation and for changing behavior in those who abuse substances or self-harm. **Eye Movement Desensitization and Reprocessing**Psychotherapy treatment in which the client relives traumatic or triggering events while the therapist directs his/her eye movements. The model is aimed at alleviating/reducing distress from trauma using brief, repeat exposure and diverted attention. **Integrated Dual Disorder Treatment**A multidisciplinary intensive treatment that combines substance abuse treatment with treatment for mental illness. Using the transtheoretical model, small, overlapping, yet incremental changes are used to help individuals get sober and manage mental health symptoms. **Prolonged Exposure Therapy**A cognitive behavioral therapy that has an individual gradually approach trauma-related memories, feelings and situations. The repeated exposure reduces the fear and anxiety surrounding the experiences, thus improving the client's ability to cope and heal.**Seeking Safety**Present focused treatment modality that addresses trauma and SUD. **Moral Reconation Therapy**A type of behavioral therapy aimed at decreasing the likelihood of someone returning to abusing substances and/or participating in criminal behaviors. It teaches people in the criminal justice system with substance use disorders to focus on the moral aspects of their illness, and the social consequences of their actions.**Whole Health Action Management**A peer-led intervention to facilitate self-management to reach whole health goals through peer coaching and support groups.**Transdiagnostic Anxiety Treatment**Treatment that addresses the mechanisms individuals has that maintain or reinforce their symptoms or related behaviors of anxiety. Uses Exposure Response and Prevention.  |

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| **Children’s Evidenced Based Practices****Child Parent Psychotherapy** |
| For children 0-5 who have experienced trauma aimed at supporting and strengthening the relationship between a child and his/her caregiver in order to restore the child's cognitive, behavioral and social functioning. **Families Moving Forward**A positive parenting treatment for children with FASD between the ages of 3 and 12.**Family Psychoeducation** A treatment for training families to work with the mental health professionals as part of a team to help a family member with psychiatric disorders recover and maintain psychological well-being.**Infant Mental Health**Treatment for pregnant women and children from birth- 3 years. IMH focuses on creating and enhancing the caregiver/child bond to build secure attachments and lay the ground work for all other development, including cognitive and emotional.**Motivational Interviewing**A directive, client-centered counseling style for eliciting behavior change in clients by helping them explore and resolve their ambivalence. **Parent Child Interaction Therapy (PCIT)**A short-term treatment aimed at helping children with highly disruptive behavior as well as, teaching parents more effective parenting skills and enhancing the relationship between parent and child.**Parent Management Training - Oregon Model** Preventative/Treatment model for parents with a child between 2-18 years of age who has disruptive behaviors or externalizing/internalizing behaviors. Reduces behavioral issues in the youth and increases positive parenting practices.**Parenting Through Change** A group parenting intervention that addresses child and adolescent behavior problems. Clinicians provide core parenting practice training and use active teaching to support the family unit.**Trauma Focused Cognitive Behavioral Therapy**CBT based model that helps children who have experienced trauma and their parents, overcome the impact of trauma and teach them effective coping strategies to manage the physical and emotional symptoms that result from the traumatic experience. |