

OUTPATIENT CLINICAL SERVICES

EVIDENCE-BASED THERAPIES

We utilize effective and proven interventions that support the healthy development and well-being of young children



ATTACHMENT AND BIOBEHAVIORAL CATCH-UP (ABC)

An evidence-based, short-term treatment focused on helping caregivers provide nurturing care and engage in sensitive interaction with children. ABC utilizes two models, Infant and Toddler, and provides services for children six months to four years old.



ATTACHMENT, REGULATION, AND COMPETENCY (ARC)

An adaptive intervention developed for children who have experienced complex trauma, along with their caregiving systems. ARC identifies and addresses important childhood skills and competencies which are routinely shown to be negatively affected by traumatic stress and by attachment disruptions.



CHILD-PARENT PSYCHOTHERAPY (CPP)

A treatment focused on ways in which trauma has affected the parent-child relationship and the family's connection to their culture and cultural beliefs, spirituality, intergenerational transmission of trauma, historical trauma, immigration experiences, parenting practices, and traditional cultural values. A recent study by the Washington State Institute of Public Policy demonstrated a \$15.69 return per dollar invested in Child-Parent Psychotherapy.



TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)

An evidence-based treatment approach shown to help children and their parents (or other caregivers) overcome trauma-related difficulties, including child maltreatment. TF-CBT also supports post-traumatic stress disorder (PTSD), depression, anxiety, externalizing behavior challenges, relationships and attachment challenges, school and cognitive challenges. TF-CBT includes skills for regulating affect, behavior, thoughts and relationships, trauma processing, and enhancing safety, trust, parenting skills, and family communications.