



About the Event

This lecture will review the use of TF-CBT as an evidenced based intervention for children and adolescents with a history of trauma. Lecture will cover topics including the evidence basis for use of TF-CBT to aid in symptom reduction. Lecture will include information about treatment targets for both children and their adult caregivers. Will review various components/modules of this intervention, including ways in which skills can be applied or used in sessions. Information will also be included about populations TF-CBT is appropriate for as well as considerations for treatment.



**JESSICA
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Speaker Biography:

Dr. Jessica Hartman is a licensed clinical psychologist who specializes in working with children, teens, and young adults. She is an Assistant Professor of Psychology in Clinical Psychiatry at WCM/NYP working on both the adolescent inpatient unit and Center for Childhood and Adolescent Behavioral Health (CCABH). Dr. Hartman has been trained in a variety of trauma focused interventions such as TF-CBT, TCGTA, and Real-Life Heroes and has been involved in creating and implementing system wide trauma informed care environments. Her research interests include the delivery of trauma treatments and related outcomes, particularly in the inpatient setting. In addition to her clinical duties, Dr. Hartman supervises cross discipline trainees and provides monthly consultation on trauma to psychiatry fellows. She is part of a statewide consortium of trainers for trauma informed care and serves on the Westchester County Trauma Subcommittee that works in conjunction with the Westchester Department of Community Mental Health to bolster and support efforts related to increasing trauma informed care.

Learning Objectives:

1. Describe at least two treatment targets of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for both the child and the adult caregiver.
2. Identify clinical indicators that suggest when a child or adolescent may be appropriate for TF-CBT.
3. Explain the rationale and role of each of the eight component modules of TF-CBT.

References:

1. Thielemann, J. F. B., Kasparik, B., König, J., Unterhitzberger, J., & Rosner, R. (2023). Stability of Treatment Effects and Caregiver-Reported Outcomes: A Meta-Analysis of Trauma-Focused Cognitive Behavioral therapy for Children and Adolescents. *Child Maltreatment*, 29(2), 375–387. <https://doi.org/10.1177/10775595231167383>
2. Deblinger, E., Pollio, E., Cooper, B., & Steer, R. A. (2020). Disseminating Trauma-Focused Cognitive Behavioral Therapy with a Systematic Self-care Approach to Addressing Secondary Traumatic Stress: PRACTICE What You Preach. *Community Mental Health Journal*, 56(8), 1531–1543. <https://doi.org/10.1007/s10597-020-00602-x>
3. Dye, H. (2018). The impact and long-term effects of childhood trauma. *Journal of Human Behavior in the Social Environment*, 28(3), 381–392. <https://doi.org/10.1080/10911359.2018.1435328>



Thursday, September 25th, 2025
10:30am - 11:30am



Virtual Lecture:

[https://www.eeds.com/sign_in.aspx?
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Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



Financial Disclosure: Dr. Hartman has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.