

PSB-CBT™ ADOLESCENT TRAINING INFORMATION GUIDE



CENTER FOR CHILD
& FAMILY HEALTH

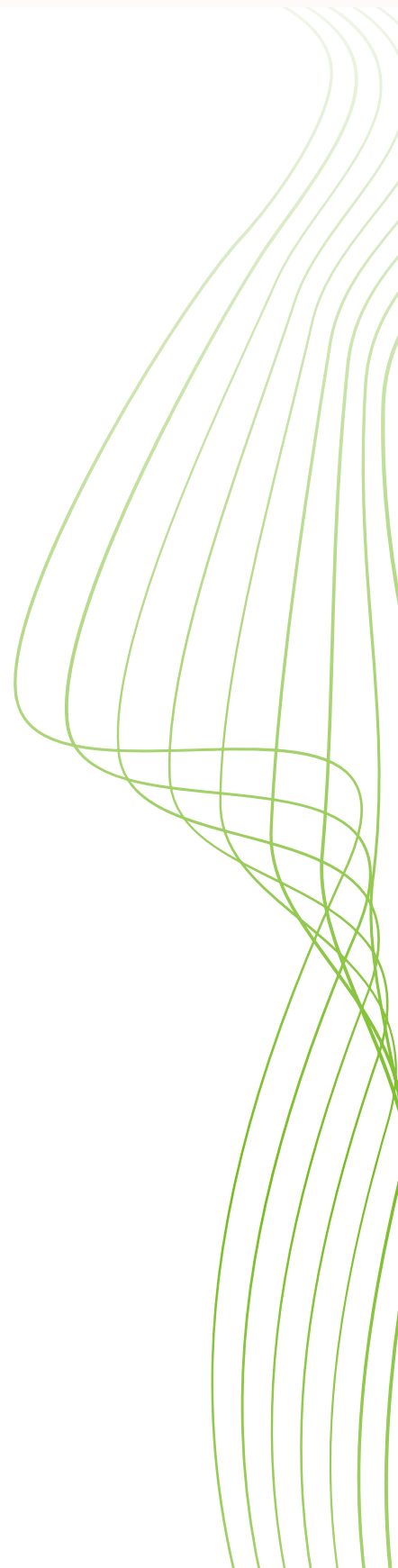


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About NC CTP

Strengthening the mental
health workforce.
Changing children's lives.

The North Carolina Child Treatment Program (NC CTP) is a clinical training and implementation platform for the statewide dissemination of evidence-based treatments (EBTs) addressing trauma-related symptoms and behaviors in children birth to age 18 and adults. NC CTP's mission is to improve the health and functioning of infants, toddlers, children, adolescents, and families coping with attachment difficulties, trauma symptoms, and/or significant behavioral-emotional challenges. NC CTP is housed at the Center for Child & Family Health (CCFH) at Duke University in Durham, NC, and is funded through the Division of Child and Family Well-Being (DCFWD).

What is PSB-CBT™?

Problematic Sexual Behavior – Cognitive-Behavioral Therapy™ (PSB-CBT™) Adolescent is an evidence-based model for children who have exhibited problematic sexual behavior and their caregiver(s). PSB-CBT™ Adolescent can be delivered in either a group-therapy format or a family-therapy format.

PSB-CBT™ Adolescent treatment targets problematic sexual behavior in children, as well as traumatic stress and behavioral symptoms. Treatment requires full participation of at least one caregiver and focuses on educating about healthy sexual behaviors, developing coping skills, and relationship-building between caregivers and youth.

PSB-CBT™ Adolescent treatment time is approximately 9 - 12 months in length. For the group-therapy format, PSB-CBT™ is delivered with client and caregiver sessions running concurrently with regular conjoint sessions. For the family-therapy format, sessions vary in design (e.g., caregiver alone, child alone, and the family together). Both the group and family modalities can be delivered virtually.

Who Should Apply

Based in Implementation Science, NC CTP uses a team-based approach to support agencies in using evidence-based practices, like PSB-CBT™.

Here are some characteristics of agencies that have proven useful for implementing PSB-CBT™:

- Existing community relationships with Juvenile Justice Center's or similar organizations
- Previous success implementing evidence-based therapies
- Previous success with caregiver participation in treatment
- Regularly receiving PSB referrals or confident in your ability to identify appropriate referral sources
- Experience administering clinical measures or surveys (or appropriate clinical supervision for this task)

For the group-therapy format, two clinicians run the caregiver group and two clinicians run the child group, so 4 clinicians are recommended on your agency team, as well as a clinical supervisor and a senior leader.

For the family-therapy format, individual clinicians provide the PSB-CBT™ Adolescent treatment, but we recommend a minimum of 2 clinicians to train in the family modality from each agency, as well as a clinical supervisor and a senior leader.

The senior leader should be someone whose position and skills enable them to be a champion and problem-solver for PSB-CBT™. There is a separate Senior Leader track to support this (free of charge).

Participation Requirements

- The Senior Leader will form a team of 4-6 members, including at least two Clinicians, one Clinical Supervisor, and one Senior Leader, to engage in PSB-CBT™ training activities.
- All team members will attend the full the entirety of the four PSB-CBT™ Learning Sessions (LS). This includes a combination of virtual and in-person (Durham, NC) learning:
 - Learning Session 1 (in-person): September 17-18, 2026 (Hill Center)
 - Learning Session 2 (in-person): November 4-6, 2026 (Hill Center)
 - Learning Session 3 (virtual): May 13-14, 2027
- Clinicians and Clinical Supervisors will apply the PSB-CBT™ framework and complete treatment with at least 4 families if engaging in the group model or 2 families if engaging in the family model. Maintaining the above-mentioned amount of families per model throughout the training year is essential.
- Clinicians and Clinical Supervisors must attend 80% of monthly PSB-CBT™ consultation calls.
- Clinicians will submit de-identified data via REDCap.
- Clinicians will submit video recordings of treatment sessions for fidelity review.

Time Requirements & Associated Costs

The primary costs for participants associated with participating in PSB-CBT™ Learning Collaboratives include the following:

Training Component	Approximate Time Requirements & Frequency	Senior Leader	Clinicians	Clinical Supervisor
Learning Sessions	4 Learning Sessions both in-person and virtual (dates listed above)	X	X	X
Senior Leader Calls	1 hour every month	X		
Team Clinical Consultation	2 hours monthly		X	X
Prepare materials for consultation calls	1 hour monthly		X	X
Case Requirements	Maintain and complete at least 4 PSB-CBT casesthroughout the training year		X	X
Fidelity Review	A minimum of 9 video submission at various points through treatment process		X	
REDCap Data Entry	Pre-assessment, mid-assessment and end assessment as well as weekly sessions		X	

PSB-CBT™-A Cohort #4 is sponsored by Healthy Blue Care Together.

Agencies within the Healthy Blue Care Together Network are encouraged to apply and will receive FREE tuition if accepted into the Learning Collaborative.

if agencies are not within the Healthy Blue Care Together Network, please view cost breakdown below.

Total Cost:
 \$750 per clinician and clinical supervisor
 \$0 for Senior Leaders.
 Cancellation fee: all fees non-refundable

Information Calls & How to Apply

Information Calls

We welcome anyone considering applying to the PSB-CBT™ Learning Collaborative to attend the following information call.

Information Call
Tuesday, June 9, 2026 at 9:00 am

[PSB-CBT™ Adolescent Cohort 4- Information Call](#)

How to Apply

To apply for the PSB-CBT™ Learning Collaborative, please complete the following applications. The deadline for application is Thursday, **July 2, 2026**

[PSB-CBT™ Adolescent Cohort 4 Application](#)

Meet the Team



**Nikki
Croteau-
Johnson,
MA, LPA**

Nikki Croteau-Johnson, MA, LPA, is a Psychologist and the Clinical Director for the Problematic Sexual Behavior Program for Children and Adolescents at the North Carolina Child Treatment Program. She oversees the implementation of a statewide PSB program and provides training and consultation to a variety of stakeholders. She has specialty training in several evidence-based treatments and is a NC Statewide Trainer for PSB-CBT-A through the National Center on the Sexual Behavior of Youth.



**Curtis
Brownlee,
LCMHC**

Curtis Brownlee, MS, LCMHC-S is a mental health clinician and supervisor. He is the clinical director of an outpatient clinic, lead clinician for the adolescent PSB program at the NC Child Treatment Program, and is a NC Statewide Trainer for PSB-CBT-A through the National Center on the Sexual Behavior of Youth.



**Elisa Ford,
MSW,
LCSW**

Elisa Ford, MSW, LCSW is a licensed clinical social worker with experience working with children, adolescents, and their families in outpatient and residential school settings. Currently, Elisa is an outpatient therapist in private practice, a PSB CBT™ Clinician with the NC Child Treatment Program, and a NC Statewide for PSB-CBT-A Trainer through the National Center on the Sexual Behavior of Youth.

Meet the Team



**Jessica
Hubbard,
MSW,
LCSW-S**

Jessica Hubbard, MSW, LCSW-S is a licensed clinical social worker and supervisor. She has extensive experience within the field of child maltreatment and trauma and is trained in several evidence-based treatment models for children and families. Jessica is a Senior Leader-in-training for PSB-CBT™ through the National Center on the Sexual Behavior of Youth.



**Faith Thomas-
Lewis,
MSW**

Faith Thomas-Lewis is the Training & Evaluation Specialist for the NC PSB-CBT Collaborative, coordinating statewide training, developing evaluation tools, and supporting agencies in program implementation. She brings experience in school social work, clinical practice, and higher education, with expertise in trauma-informed care, professional development, and mentoring. Faith is passionate about using data and collaboration to strengthen outcomes for children and families across North Carolina.

www.ccfhnc.org/psb-cbt

Center for Child & Family Health

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**For more information and to apply for PSB-CBT™
training, contact the PSB-CBT™ Training and
Evaluation Specialist at:**

Faith.thomas-lewis@duke.edu