



CBT in a CAC for Sexual Abuse Victims: Clinical Practice, Research, and Training Opportunities in Collaboration with a Child Advocacy Center

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Introduction

Child advocacy centers (CACs) are a multidisciplinary effort where professionals support child sexual abuse (CSA) victims and their non-offending family members. The University of Nebraska-Lincoln has partnered with our CAC to facilitate research and to provide mental health services to CSA victims and their families for 21 years. Project SAFE (Sexual Abuse Family Education) is a prime example of the scientist-practitioner approach.



Services



- 12-week manualized cognitive behavioral treatment for CSA victims, caregivers, and non-abused siblings



- More than 500 families have been served in 56 groups



- 326 families have participated in research

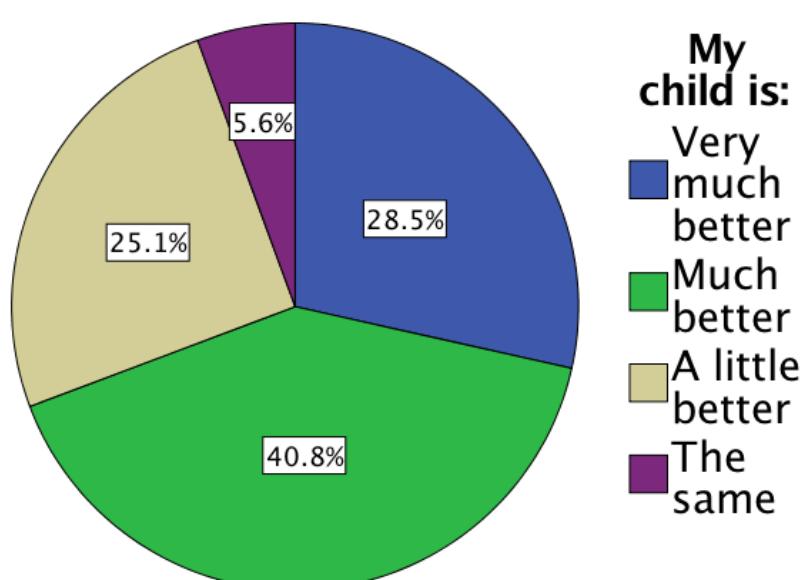


- Brief individual services (3-6 sessions) for victims and caregivers

Research

Project SAFE research activities include both child and parent reports of emotional and behavioral symptoms (e.g., CBCL, YSF, CMAS-R, CITES-R) at multiple time points.

Project SAFE's Impact on Victims



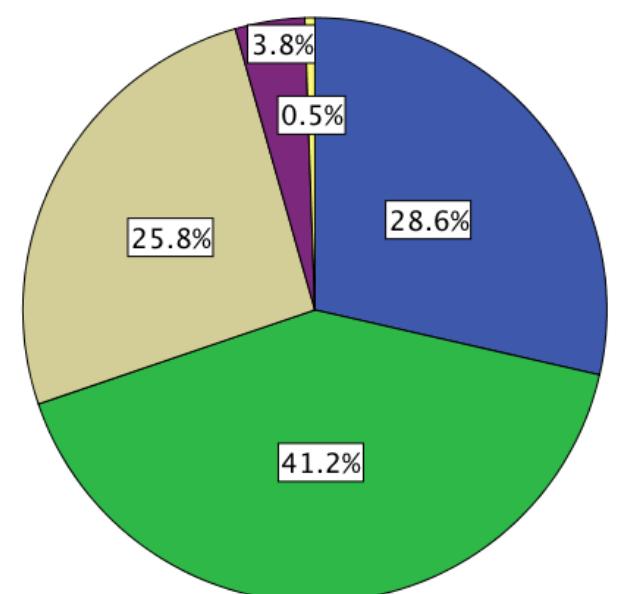
Pre-Tx

Mid-Point

Post-Tx

Follow-Up

Project SAFE's Impact on Families



We are:
Very much better
Much better
A little better
The same
A little worse

Prior research has demonstrated the positive impact of the intervention (e.g., Hubel et al., 2014; Sawyer et al., 2005).

Training

Clinical psychology doctoral students run Project SAFE year-round. Supervision occurs weekly with licensed clinical psychologists, allowing new therapists to observe more advanced therapists present case conceptualizations and discuss ways to handle challenging group dynamics. Approximately 20 doctoral students gain valuable training experience each year by participating as therapists with Project SAFE.

Conclusion

CSA can have wide-reaching impacts on victims and families, with varied responses. Interventions like Project SAFE can have a beneficial impact on children's and family's functioning following disclosure. A partnership between a clinical psychology training graduate program and a CAC is an ideal collaboration because it offers all interested families effective therapeutic services at no cost while also providing therapists with excellent research and training opportunities.