

# Trauma Focused – Cognitive Behavior Therapy

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## About TF-CBT

TF-CBT is a structured, short-term therapy (4 – 6 months) for kids who have experienced trauma & are having symptoms of traumatic stress. A trained therapist will meet with the child & the parent once per week, sometimes with the child & parent individually & sometimes with the child & parent together.

Research on how children heal after experiencing a trauma has shown the one of the best predictors for a healthy recovery is parental involvement & attitude. Based on this knowledge, we believe it is very important for parents to be involved & supportive.

TF-CBT has been proven in research studies to be very effective in helping traumatized kids get better in only a few months. Research also suggests that symptoms of traumatic stress need to be addressed as early as possible to prevent long-term difficulties.

Trauma Focused – Cognitive Behavior Therapy includes:

- ✓ Education about trauma and common reactions
- ✓ Help with parenting and behavior problems
- ✓ Relaxation/Stress Management training
- ✓ Learning about feelings and ways to express them
- ✓ Learning about our thoughts, feelings, and actions
- ✓ Developing creative ways for kids to tell their stories about what happened
- ✓ Changing any unhelpful thoughts about the trauma
- ✓ Family sessions to help the family talk together about the trauma
- ✓ Learning and practicing safety skills

Talking about the trauma will be done in a gradual, supportive manner (so that the child & the parent will be able to tolerate any discomfort talking about the trauma may cause) & will not occur until the child & parent have learned some skills for coping with the discomfort.

