

# Effective Treatment for Child Survivors of Trauma

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is the most widely studied treatment to help children heal from trauma. It has been shown to help children ages 3- 18 overcome physical, behavioral and emotional stress after a traumatic event.

## WHAT IS TRAUMA?

Trauma is something very scary or upsetting that happens. Examples of traumatic events are being badly hurt, sudden loss or death of a loved one, witnessing community violence, and sexual or physical abuse.

Children respond to traumatic events in many different ways. Common concerns include having difficulty sleeping or having nightmares, feeling worried, angry or sad, difficulty paying attention, loss of interest in activities, and behavior problems.



# Is Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Right for My Child?

Many children recover from trauma with the support of loved ones. Not all children who experience trauma need treatment. Some children continue to experience distress for months or years.

A TF-CBT therapist will meet with you and your child to determine if it is the best treatment. There are other treatments available, and if TF-CBT is not appropriate your therapist will suggest other options.

## Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

- Includes the child's parent or another caring adult in treatment.
- Teaches children to manage thoughts, feelings, and behaviors.
- Improves communication and trust.
- Helps children feel more in control of their lives, returning them to the things they enjoy most such as sports, school, spending time with friends and family.
- Helps children recover from distress after traumatic events.
- Is successful with children who have experienced one or more traumatic events.

TF-CBT therapists must meet training requirements and demonstrate experience with TF-CBT in order to become Credentialed in Connecticut or Nationally Certified. You can find providers who meet these requirements at <http://www.kidsmentalhealthinfo.com>