CFTSI: Child and Family Traumatic Stress Intervention

The Child and Family Traumatic Stress Intervention (CFTSI) is a brief/ evidence-based intervention (5-8 sessions) designed to decrease the negative impact of children’s recent exposure to potentially traumatic events (PTE) such as physical or sexual abuse, intimate partner violence, motor vehicle accidents and other critical events or the recent disclosure of physical or sexual abuse. This intervention focuses on teaching both the child and caregiver/s coping skills to reduce acute posttraumatic symptoms and reactions.

Who is eligible for this treatment?

7-17 year olds that experienced a recent traumatic event or have made a recent disclosure

Caregiver/s and child

What does CFTSI consists of

Use of standardized assessment instruments to guide treatment

Co therapy sessions to open communication, identify areas of need

Coping skill training

Assignment of homework between sessions