TF-CBT

Trauma Focused Cognitive Behavioral Therapy is research supported treatment to help address the unique needs of children and their families who have experience a traumatic events such as physical abuse, sexual abuse, violence or other traumas. TF-CBT is for those who need support in managing emotional and behavioral problems relating to the trauma.

Who is eligible for TF-CBT

Children between the ages 3-21

Caregivers of Children

What does TF-CBT therapy consist of

Typically 12-16 weeks to include both individual and family sessions

Psycho-education about Trauma and PTSD

Coping skills

Relaxation skills

Stress management skills

Connecting thoughts, feelings, and behaviors related to the trauma

Sharing trauma in written, art, verbal, or multimedia narrative

Education about healthy boundaries and safety

Joint parent and child sessions