

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT[®])

◆ Psychoeducation ◆

LEARNING ABOUT TRAUMA

Education About Trauma and Common Reactions



HEALING
minds
Behavioral Health

◆ Relaxation ◆

HANDLING STRESS AND LEARNING TO RELAX

Learning to Self-Regulate and Reduce Stress
in Order to be Comfortable Speaking about
the Uncomfortable

◆ Affect Modulation ◆

IDENTIFYING AND EXPRESSING FEELINGS

Learning about Feelings/Emotions and Ways
to Express Them with Therapist, and Most
Importantly, Caregivers

◆ Cognitive Coping ◆

LEARNING ABOUT OUR THOUGHTS, FEELINGS, AND ACTIONS

Identifying Negative Thoughts or Cognitive
Distortions in Order to Correct Them, or
“Reframe”.



Trauma Narrative

CREATING THE TRAUMA NARRATIVE

Developing Creative Ways for Kids to
Gradually Tell Their Stories About What
Happened



HEALING
minds
Behavioral Health

In-Vivo Exposure

WORKING THROUGH THE TRAUMA

Changing Any Unhelpful Thoughts About the
Trauma

Conjoint Sessions

SHARING THE TRAUMA NARRATIVE

Family Sessions to Help the Family Talk
Together About the Trauma and Move
Forward as a Unit.

Enhancing Safety

FUTURE SAFETY

Learning and Practicing Safety Skills,
Assertive Communication, Healthy
Relationships, Etc.

- TF-CBT is a very structured, short-term (4-6 months) therapy that is divided into 8 sections/blocks.
- TF-CBT is appropriate for most kids who have had one or more traumas and are having symptoms of post-traumatic stress (as long as child is stable – not suicidal, not abusing drugs/alcohol, etc.).
- Parents are the most important people in the child's life and are very involved in their child's therapy; if parent is not able to participate (i.e. foster care), a stable caretaker who can support the child can participate.
- Therapist meets with the child each week and then with the parents to teach them ways to help their child at home.
- This type of therapy has been proven in research studies to be very effective in helping traumatized kids get better in only a few months.
- Research suggests that PTSD symptoms need to be addressed as early as possible to prevent long-term difficulties.
- Talking about the trauma will be done in a gradual, supportive manner (so that the child will be able to tolerate the discomfort associated with the discussion) and will not occur until the child has learned some skills to cope with the discomfort.