

TRAUMA FOCUSED – COGNITIVE BEHAVIOR THERAPY

About TF-CBT

TF-CBT is a structured, short-term therapy program that lasts for 4 to 6 months. The therapy is designed to help children who have faced trauma and are showing symptoms of traumatic stress.

Our skilled staff will meet with the child and parent once a week. By involving supportive parents in the process, studies have shown that TF-CBT can be highly effective in only a few months. This is even more true when traumatic stress symptoms are addressed early on. Our staff provides a gradual and supportive approach to therapy, ensuring the parent and child have the coping skills necessary to talk about the trauma.



TRAUMA FOCUSED – COGNITIVE BEHAVIOR THERAPY INCLUDES:



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

We believe that offering TF-CBT therapy to children who have gone through trauma is a great step toward healing and recovery. Our team provides the highest level of care and support for our clients. We are committed to helping children and families overcome the challenges of trauma.