



Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

What is Trauma Focused Cognitive Behavioral Therapy (TF-CBT)?

TF-CBT is an evidence-based therapeutic intervention designed to help children, adolescents, and their parents or guardians overcome the impact of traumatic events, including traumas relating to sexual abuse, physical abuse, domestic violence, community violence, natural disasters, war, traumatic accidents, injuries, or the loss of a loved one.

Who Can Receive TF-CBT?

This treatment can be provided to children between the ages of 3 to 18. Parents or guardians are also included in the treatment process.

What Can I Expect From Treatment?

Treatment typically lasts between 12 to 16 sessions and will include individual, parent or guardian, and family sessions.

TF-CBT is provided by a licensed professional (psychologist, social worker, or professional counselor) who has been trained and certified to provide this service.

What is the Focus of Treatment?

The focus of treatment is to help children and adolescents cope with traumatic stress reactions by decreasing depressive and anxiety symptoms; improving behavioral symptoms associated with traumatic exposure; and providing a supportive and nurturing environment to discuss their traumatic experience.