

TF-CBT

TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY

Child Mental Health and/or Parenting Skills

Population(s) Served:

Children approximately ages 3-18:

- With a known trauma history who are experiencing significant posttraumatic stress disorder (PTSD) symptoms whether or not they meet full diagnostic criteria
- Who are experiencing depression, anxiety, and/or shame related to their traumatic exposure
- Who are experiencing childhood traumatic grief

Service Description:

TF-CBT is a joint child and parent treatment model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It incorporates trauma-sensitive interventions with cognitive behavioral, family and humanistic principles.

Frequency: Typically weekly 30-45 minute sessions for the child and parent separately until the end of treatment nears, followed by joint sessions of 30-45 minutes. Duration is usually between 12-18 weeks.

Family Involvement: Caregivers are included in treatment with a high level of involvement. If child safety can be maintained, the therapist may make the clinical decision to allow a caregiver that perpetrated the abuse or trauma to participate if they have acknowledged the abuse or trauma and have taken responsibility for what occurred.

**Find a provider/
access this service:** Go to the DHS Provider Directory on the DHS Employee Portal and select tab: "FFPSA Approved Interventions"