

Explaining TF-CBT to Parents/Referral Sources

- TF-CBT is a very structured, short-term (4-6 months) therapy
- 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
- The therapy includes:
 - a. Education about trauma and common reactions
 - b. Help with parenting and behavior problems
 - c. Relaxation/Stress Management training
 - d. Learning about feelings and ways to express them
 - e. Learning about our thoughts, feelings, and actions
 - f. Developing creative ways for kids to gradually tell their stories about what happened
 - g. Changing any unhelpful thoughts about the trauma
 - h. Family sessions to help the family talk together about the trauma
 - i. Learning and practicing safety skills
- 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.