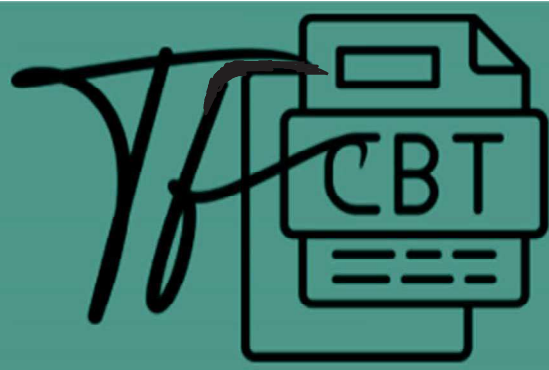




TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY

ABOUT TF-CBT

- TF-CBT is a structured, short-term therapy designed to help young people overcome the impact of traumatic events.
- A trained TF-CBT therapist meets with the child and the parent once per week for 4 to 6 months (12 to 24 weeks).
- This family-focused treatment aims to teach effective coping strategies and make positive changes in the youth's social environment to aid recovery and maintain progress.
- TF-CBT is scientifically proven to reduce symptoms of posttraumatic stress disorder (PTSD), depression and anxiety caused or worsened by traumatic events.

WHAT ARE TRAUMATIC EVENTS?

Traumatic events can include but are not limited to:

- Physical or Sexual Abuse
- Domestic violence
- Community or School violence
- Natural disasters (eg. hurricanes, earthquakes)
- Serious accidents or life threatening illness
- Sudden or violent loss of a loved one
- Neglect or abandonments
- Witnessing traumatic events

COMPONENTS OF TF-CBT

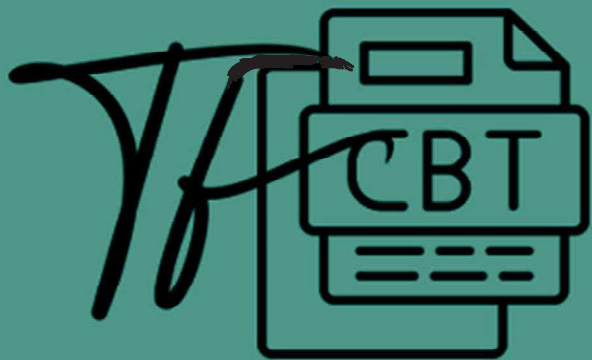
Session Time: 50-90 minutes

Therapists may meet with the youth or parent separately or together, based on the session goals.

Sessions include education and skill development, including:

- **Education** about traumatic events and common reactions
- Teaching parents or caregivers **strategies for managing acting-out behaviors**
- Relaxation and stress management training
- **Learning to express feelings**
- Addressing **unhelpful thoughts, beliefs, and attitudes**
- Youth **telling their story** about what happened
- Improving **family communication** about the traumatic event
- Learning and practicing skills to **increase safety** and prevent future trauma





CTRN TF-CBT RESEARCH STUDY REQUIREMENTS

AN INDIVIDUAL MAY PARTICIPATE IF THEY:



- Age 8 to 20 years of age
- Have experienced one or more traumatic events
- Are experiencing posttraumatic stress symptoms
- Are willing to join the Texas Childhood Trauma Research Network (TX-CTRN)
- If under 18, have a consenting parent/guardian who will participate in therapy sessions

CONTACT INFO

Childhood Trauma Research
Network Interest Form



RESEARCH PARTICIPATION INVOLVES

- Completing at least 12 weekly therapy sessions within 4 months, with up to 24 sessions provided within 8 months as needed
- Weekly mental health assessments for both the youth and a participating parent/guardian (if under 18)
- Completing 6 clinical assessment visits separate from Therapy sessions over two years, coinciding with and continuing after therapy sessions



ctrn

Childhood Trauma Research Network

