

## COUNTY CLINICIANS TRAINED IN TF-CBT

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## CHILDREN AND FAMILIES CAN HEAL AFTER TRAUMA

Many studies have shown that traumatic stress and depression improve more with TF-CBT than with non-specific therapy. Children/youth with all kinds of different traumas, boys and girls, and children/youth from different ethnic and racial backgrounds benefit just as much.

Children treated with TF-CBT often experience a reduction in trauma symptoms. This therapy may make your child or youth feel less nervous, more trusting and confident and happier which could lead to improved behavior.

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DCF-P-5093 (R. 04/2017)

## TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)



WISCONSIN DEPARTMENT OF  
CHILDREN AND FAMILIES

Division of Safety and Permanence

## THE IMPACT OF TRAUMA



Childhood trauma can have a serious impact on children's functioning.

Trauma:

- Effects brain development
- Makes it difficult for children to manage emotions and stress
- Contributes to learning and memory problems and
- Leads to difficulties in school and with peers.

Trauma puts children at risk for:

- Depression
- Behavioral problems
- Self-destructive behaviors
- Relational problems
- Eating disorders and
- Drug and alcohol abuse.

## WHAT IS TF-CBT?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a model of psychotherapy that addresses the unique needs of children with PTSD symptoms, depression, behavior problems, and other difficulties related to traumatic life experiences.

TF-CBT is proven to be helpful for children ages 3-18 to overcome the painful effects of traumatic life events.

TF-CBT teaches children/youth skills for managing troubling thoughts, feelings and behaviors as well as coping and relaxation skills. TF-CBT teaches caregivers how to support their child's safety and well-being. Individual sessions for the child and for the parents or caregivers, as well as joint parent-child sessions, are part of the treatment.

A traumatic stress assessment done by a licensed therapist will determine if TF-CBT is the right therapy for a child/youth.

## WHAT TO EXPECT IN TF-CBT

- TF-CBT is a structured therapy where children/youth process their experience and learn helpful ways to think about what happened.
- Children/youth practice skills for handling feelings, and thinking in more constructive ways in between sessions.
- TF-CBT helps caregivers understand the impact of trauma and how to best support their child.

