

# Child and Family Traumatic Stress Intervention (CFTSI)



## Information for Caregivers

**Child and Family Traumatic Stress Intervention (CFTSI)** is an evidence based early intervention model for youth 7 years and older.

Treatment is offered for children who have experienced a traumatic event within the past 45 days, or who have recently made a new disclosure of a previous traumatic event.

### Goals of Child and Family Traumatic Stress Intervention (CFTSI):

- Reduce traumatic stress symptoms and prevent onset of PTSD
- Increase caregivers' understanding of exposure to traumatic events
- Increase child's ability to communicate feelings and symptoms
- Increase family's ability to respond appropriately to their child

### What To Expect In Treatment:

- Sessions are held weekly
- Caregivers are asked to be available for each session to support their child's learning and engagement
- Learn coping skills to manage challenging emotions
- Challenge negative thoughts and distortions that often occur after a trauma
- Raise awareness of trauma reminders and body responses
- Reduce trauma avoidance and enhance future safety

*\* CFTSI is a brief treatment model (5-8 sessions)*

**For questions or to schedule an intake assessment, call us at (860) 224-8192**



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