

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)



Information for Caregivers

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a family-centered, short-term treatment that helps children recover from upsetting thoughts, feelings and behavior associated with trauma exposure

Goals of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):

- Improve child PTSD, depressive, and anxiety symptoms
- Improving child externalizing behavior problems
- Improving parenting skills and reducing parental distress
- Reducing shame or shame related to traumatic event
- Enhancing parent-child communication, attachment, and ability to maintain safety

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
- Raise awareness of trauma reminders and body responses
- Reduce trauma avoidance and enhance future safety
- Challenge negative thoughts and distortions that often occur after a trauma

** 80% of children who participate in TF-CBT show marked improvements within 12-16 sessions*

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



Child and Adult Behavioral Health Services
233 Main St, 3rd Floor
New Britain, CT 06051
P: 860.224.8192
F: 860.224.6968
cmhacc.org