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Some Common Reactions to Trauma

- Inability or unwillingness to recall traumatic events
- Sleeping routine is disturbed
- Rapid changes in mood
- Emotional and/or physical numbing
- Difficulty concentrating/staying still
- Substance abuse
- Aggression or “acting out”
- Depression and/or anxiety
- Eating disorders
- Low self-esteem
- Inability to trust others
- Desire to hurt oneself

These symptoms or behaviors, if left untreated, may prevent a person from living a fully healthy lifestyle and thriving to their full potential.

For a List of TFCBT providers in your area please visit

www.thriveinitiative.org

Or call Thrive's Clinical Coordinator at
782-5783 or 1-877-784-4705

Who Is Qualified to Provide this Treatment?

Therapists who provide TFCBT have participated in TFCBT specific clinical training, both locally and online. Treatment manuals and readings are used by the therapist and therapists may also use screening tools to see how successful the treatment is over time. A skilled therapist is important to the success of treatment.

*Please ask your therapist about their training.
They'll be glad you did!*



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Trauma Focused-Cognitive Behavioral Therapy (TFCBT)

A proven treatment for youth who have experienced trauma

Frequently Asked Questions and Answers

How Will It Help?

TFCBT is a treatment that can help children and their caregivers cope with the negative impact of traumatic events such as:

- witnessing domestic violence
- sexual abuse
- physical abuse
- loss of a family member
- war or terrorism

TFCBT works best with children ages 6 to 18 who are having emotional or behavioral problems related to the trauma, such as negative thoughts that will not go away, nightmares, trouble sleeping, frequent crying, and fighting.

TFCBT may help your child to feel less anxious, more confident and trusting, and to learn how their thoughts, feelings, and behaviors are interconnected. This will allow your child or youth to learn new ways to cope with difficulties and help you as the caregiver to support them in the process.

What Skills Will My Child Learn?

There are several important skills that TFCBT focuses on to help those being treated:

1. Learning that the trauma was not their fault and that they are not alone.
2. Identifying feelings, where those feelings came from, and how to manage them.
3. Finding ways to relax and cope with traumatic memories.
4. Identifying unhelpful or inaccurate thoughts that can cause depression and anxiety.
5. Learning to replace unhelpful or inaccurate thoughts with helpful or accurate ones.
6. Learning how to solve problems in a healthy way.
7. Learning safety skills.
8. Learning effective coping skills.

What Can I Expect?

The therapist will want to meet with you and the child regularly. The treatment will last approximately 12 to 18 sessions. You and your therapist will create a schedule that works best for you and your child. Sessions will generally be split between the caregiver and the child.

Studies show that caregiver participation is a key factor in helping your child heal from the trauma while helping you to learn new skills, including :

- Managing your own feelings about the traumatic experience
- Managing your child's behavior
- Improving communication
- In cases where you as the caregiver have experienced your own trauma, assisting you in processing how your trauma has impacted or may impact your child.

