

Jeanne Doe Dukes, LCSW

302-430-2127

# TRAUMA - FOCUSED COGNITIVE BEHAVIORAL THERAPY



About one in four children in the general population will experience a traumatic event before the age of 16 (National Child Traumatic Stress Network, 2008). Community - based studies reveal a lifetime prevalence of Posttraumatic Stress Disorder (PTSD) of approximately 8% in the United States (American Psychiatric Association). Trauma—Focused Cognitive Behavioral Therapy helps many children and families overcome the difficulties associated with abuse and trauma.

## Who is this for?

- Children and adolescents who have experienced trauma from sexual or physical abuse, neglect, witnessing violence and traumatic incidents/loss

## How can TF-CBT help your child? Your child will learn to:

- Recognize problems resulting from childhood trauma
- Skills for managing troubling thoughts, feelings, and behaviors
- Relaxation skills, ways to cope with difficult feelings
- Safety measures

## How can TF-CBT help parents?

- Education
- Skill building
- Process thoughts
- Behavior management

[www.lewescounseling.com](http://www.lewescounseling.com)

[www.nctsn.org](http://www.nctsn.org)

[www.kids.delaware.gov](http://www.kids.delaware.gov)

## Is this you?

Does your child have trouble falling asleep or wake up in the night? Have trouble concentrating or paying attention? Are they jumpy or startle easily? Or have trouble feeling happy, love or sad, angry? Has your child experienced anything really scary, dangerous, or violent?

These are just a few problems children sometimes have after very stressful experiences or trauma.

## What is Trauma-Focused Cognitive Behavioral Therapy ?

TF-CBT is a type of therapy designed to work with children and adolescents who are experiencing emotional or behavioral difficulties related to a traumatic event or events. Sessions include work with both the child and parent individually and together.

## What happens at the session?

Time with the therapist will be focused on learning new skills to process thoughts and feelings around the traumatic experience. Both child and parent will learn to manage distressing thoughts, and behaviors, and enhance personal growth, safety, family communication. Parents will also regain confidence in their parenting.

TF-CBT is developmentally appropriate and flexible. The therapist will use creative techniques during session incorporating the use of drawing, writing and listening to music to address the unique needs of each child.

## How long does it take?

Treatment is relatively short, about 12-16 sessions. Over 80 percent of children who have experienced a trauma and who receive TF-CBT will improve in 12-16 sessions. Parent participation in treatment increases the positive results for children.