Trauma-Focused Cognitive Behavioral Therapy

TF-CBT HELPS CHILDREN HEAL

If your child is struggling after a trauma, TF-CBT can help. TF-CBT was designed for children who have been sexually abused but is now used for a wide range of traumas. It can help kids who have witnessed violence, been in accidents, survived natural disasters, or had other scary experiences.

Over 20 research studies show that TF-CBT helps kids feel better and reduces PTSD symptoms and behavior problems. TF-CBT benefits caregivers as well, reducing the distress that many parents experience when their child has been traumatized. While a traumatic experience can't be erased, it doesn't have to define your child's future or yours. Things can get better.

What are signs my child needs help?

Some children "bounce back" quickly after a trauma. However, many children develop post-traumatic symptoms. These symptoms might include:

- nightmares or trouble sleeping
- trouble concentrating
- being jumpy or startling easily
- avoiding reminders of what happened, or getting very upset when they think about it
- frequent stomachaches or headaches
- becoming moody and irritable
- withdrawing or losing interest in things
- behavior problems
- trouble getting along with others
- re-enacting what happened with toys, or bringing it up over and over again
- "freezing up" or seeming "spaced out"

If your child is showing changes in mood, behavior, or personality following a trauma, he or she may need help to cope with what has happened and begin to heal.

"I am not what happened to me, I am what I choose to become."
~ C. Jung

WHAT CAN I EXPECT?

Therapy will be provided by **a therapist trained to deliver TF-CBT.** All of our licensed therapists are TF-CBT trained and working toward certification, or are Nationally Certified in TF-CBT.

Each **weekly therapy session** will last about 55 minutes. If your child attends regularly, TF-CBT can usually be completed in less than 6 months. It may take longer if your child has had long-lasting or repeated trauma.

Parent or caregiver involvement is important. You may have strong feelings of your own about what happened. You may not be sure what to say or do, or how to best help your child. Your child's therapist will help you understand how to help your child. Children benefit more from TF-CBT when a caregiver participates along with them.

TF-CBT HAS 3 PHASES THAT WORK LIKE BUILDING BLOCKS

1 SKILL BUILDING

Your child will learn and practice new coping skills that can be used to handle everyday stress. This also prepares your child to cope with strong thoughts and feelings about the trauma.

You and your child will also learn more about trauma and how it affects people.

2 TELLING THE STORY

Your child may have an opportunity to gradually tell the story of what happened and process it in a healthy way. While we often want to avoid talking about upsetting experiences, telling the story is a key part of healing. Many kids say it was the most helpful part of TF-CBT!

3 PULLING IT TOGETHER

Your child may share his or her story with you, once you are prepared. Any lingering fears will be addressed and your child will learn personal safety skills.

Your child's success will be celebrated with a "graduation" from TF-CBT!

Learn more at http://campbellpsychpa.com/tf-cbt/

Campbell
PSYCHOLOGICAL SERVICES

Request An Appointment:
(717) 422-6440 ext. 1
or
https://hushforms.com/cps