

Child Trauma Services Group Program in Trauma-Focused Cognitive-Behavioral Therapy

What is Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)?

- TF-CBT is a short-term therapy for youth who are experiencing difficulties after going through stressful and traumatic events.
- TF-CBT is a best practice treatment for childhood posttraumatic stress disorder (PTSD).
- TF-CBT treats trauma-related difficulties in youth like:
 - Frequent memories or nightmares
 - Trouble listening and concentrating
 - Increased irritability and edginess
 - Changes in relationships
 - Moodiness or sadness

How will the TF-CBT Group Program work?

- The first five sessions of treatment will take place in a group format. The next 7-10 sessions will occur on an individual basis with an assigned therapist. Caregivers will also participate in one follow-up session at the youth's completion of treatment.
- At least one caregiver is required to attend each session, but all adults who provide regular daily care for the youth are encouraged to attend.
- The same families will start and finish the program together.
- Each of the sessions takes place at the OUHSC Child Study Center on Thursdays from 5:30-7:00 pm.
- Babysitting is provided at no cost to families.
- The group format is structured as follows: From 5:30-6:30, families will separate into children's groups and a caregivers' group; From 6:30-7:00, families will join together in a combined group that focuses on activities with caregivers and their children.
- If families can't attend or will be late, they can contact Amanda Mitten at (405) 271-5700, ext. 45149.

What will be taught in the TF-CBT Group Program?

- ✓ Common effects of trauma on youth and families
- ✓ Healthy ways to handle difficult feelings
- ✓ How to reduce stress
- ✓ Skills for managing and reducing upsetting memories
- ✓ How caregivers can support youth after stressful and traumatic events
- ✓ Ways to reduce behavior problems in youth who have experienced trauma
- ✓ Ways to strengthen family relationships after traumatic events