

# Child Trauma Services Program

The OU Children's Physicians Child Trauma Services Program serves the mental health needs of trauma-exposed youth and families.

Our program utilizes nationally endorsed best practices in the assessment and treatment of childhood trauma.

We specialize in Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), a short-term, evidence-based treatment shown to reduce trauma-related distress in youth.

## TF-CBT TEACHES:

- Common effects of trauma on youth and families
- Healthy ways to handle 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 youth behavior problems
- Ways to strengthen family relationships



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

### Clinical services offered:

- Trauma-focused assessments for children and teens to determine counseling needs
- Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) individual and family services for youth ages 3 to 18
- A TF-CBT group program for youth ages 5 to 12 who would benefit from group treatment and their caregivers

Location: Child Study Center  
1100 NE 13th St  
OKC, OK 73117

To schedule an initial  
evaluation, contact our  
clinical coordinator:  
Amanda Mitten, M.A.  
(405) 271-5700  
X45149