

TELLING MY STORY

Info for Caregivers

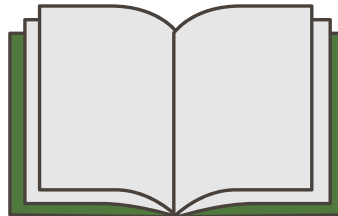


You and your child/teen have been working hard in counseling learning about trauma impacts and skills for managing heavy feelings and are ready to move into the next phase of treatment.

Skill Building



Telling My Story



Family Communication



What to Expect

Your therapist will spend time 1:1 with your child and also 1:1 time with you. This time will be spent helping you prepare for the final phase of treatment when you and your child will come together to talk about the trauma they experienced and their healing journey. Usually, this phase of treatment is between 6 - 8 sessions.

Most youth show do not show an increase in symptoms during this phase, but some do. You and your therapist will plan for how to support your child/teen at home with all the skills you have learned so far.

It is normal to feel both nervous and excited to begin this next phase. Talk with your child's therapist about your thoughts and feelings as you progress. Your therapist will work to make sure you feel safe and supported and ready to support your child/teen.

My Questions/Concerns:

My Hopes:



What do kids who have completed TF-CBT say?

"It felt good to tell someone my story."

The research on TF-CBT also shows this is a key piece of treating PTSD.