

Trauma Focused Cognitive Behavior Therapy TF- CBT



Skill Building & Stabilization

Telling My Story & Meaning Making

Family Communication & Safety

4 – 6 months of weekly 1 hour appointments

- Youth learns about trauma impacts and new skills for coping.
- Caregiver learns how to support youth in these new skills.
- Family time in session & at home to practice.

- Youth reviews memories, thoughts, and feelings in a safe way with therapist.
- Caregiver spends 1:1 time with therapist preparing to support youth.

- Family sessions for open communication and healing from the past.
- Focus on future growth and safety.

Start of Treatment Trauma Scores:

Youth Crgvr

Middle of Treatment Trauma Scores:

Youth Crgvr

End of Treatment Trauma Scores:

Youth Crgvr

- Reduced Posttraumatic Stress Symptoms
- Improved Mood
- Improved Family Interactions
- Decreased Behavior Problems

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