

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.

Start of Treatment
Trauma Scores:

Youth

Crgvr

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

Middle of Treatment
Trauma Scores:

Youth

Crgvr

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

End of Treatment
Trauma Scores:

Youth

Crgvr



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

Created By:
Elizabeth Risch, PhD

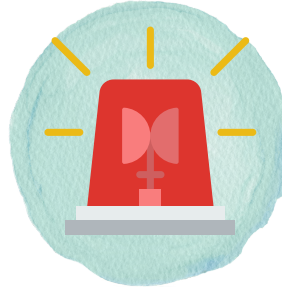
What is Posttraumatic Stress Disorder?

- Memories 'pop' in
- Nightmares
- Reminders cause physical & emotional distress



- Negative Feelings
- Negative Beliefs
- Blame
- Less happy
- Less interests
- Isolated

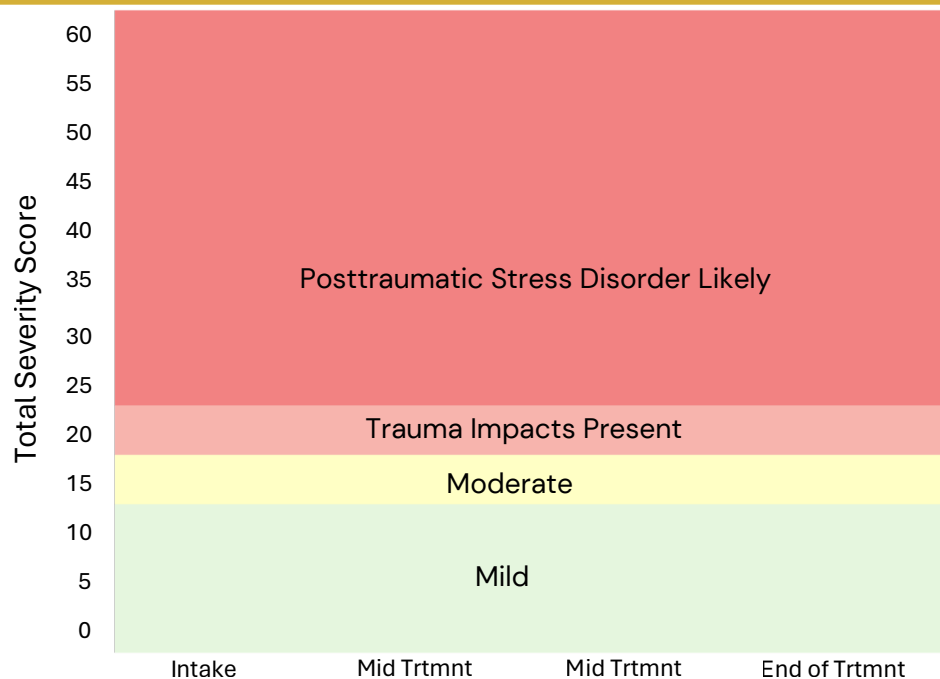
- Avoid Reminders
- Avoid Feelings
- Distract Self



- On-Guard/Jumpy
- Irritable
- Risk taking
- Poor Sleep & Concentration

**PTSD IS HIGHLY TREATABLE.
TF-CBT IS THE GOLD STANDARD FOR THERAPY.**

Child and Adolescent Trauma Screen (CATS-2)



Date:
Youth
Caregiver

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