



TRAUMA FOCUSED-COGNITIVE BEHAVIOR & CHILDHOOD TRAUMATIC GRIEF THERAPY



Trauma Focused-Cognitive Behavior Therapy (TF-CBT) is an evidence-based treatment for children and adolescents, and their parents or caregivers, who have been impacted by trauma. This treatment approach has been found to be effective in treating emotional and psychological difficulties that stem from trauma, and can provide those in treatment with necessary tools to cope with overwhelming stress, anxiety and depression.

Childhood Traumatic Grief Therapy (CTGT) uses many of the same components of the trauma-focused therapy, but has an emphasis on issues related to grief and loss. This model of treatment

may be used to help children who have lost loved ones under traumatic circumstances more healthfully negotiate the normal grieving process.

GOALS OF TF-CBT AND CTGT MAY INCLUDE:

- Enhancing communication between parent and child, and improving parental support
- Identifying and healthfully expressing emotions
- Understanding the relationship between thoughts, feelings and behaviors
- Promoting safety within the home environment
- Reducing feelings of shame or embarrassment associated with the traumatic event
- Encouraging children to share and process their traumatic experiences

HOW TO GET STARTED:

In order to get started, participants must be authorized to receive Behavioral Health Rehabilitation Services and have a qualifying behavioral or mental health diagnosis from a licensed psychologist or psychiatrist.

Parents and guardians can make a direct referral for the BHRS program by contacting the Barber National Institute. Trauma or grief treatment may then be recommended through a psychological evaluation or an Interagency Service Plan Team (ISPT) meeting.

HOW DOES A CHILD BEGIN TRAUMA FOCUSED THERAPY?

TF-CBT/CTGT is a brief (36 week) treatment program. Sessions typically are held two to three times a week and may take place in the home, school or community setting. TF-CBT/CTGT is conducted by a Master's level therapist working in conjunction with the individual in treatment and his or her caregiver to help with uncomfortable emotions related to trauma, and to assist the child and parent in developing healthier communication surrounding the traumatic event.

WANT TO KNOW MORE?

To learn more about Family Inspired Therapy and our other services, please visit our website at www.BBHI.org