



# TRAUMA FOCUSED-COGNITIVE BEHAVIOR & CHILDHOOD TRAUMATIC GRIEF THERAPY



## **Trauma Focused-Cognitive Behavior Therapy**

**(TF-CBT):** Evidence-based therapy model provided by counselors in the community which is effective in treating emotional and behavioral problems in children who have been exposed to traumatic events.

## **Childhood Traumatic Grief Therapy (CTGT):**

Evidence-based therapy model provided in the community by counselors with special training focused on trauma and grief in children.

## WHAT CONSTITUTES A TRAUMATIC EVENT?

**Traumatic Events include (but are not limited to):** physical abuse, sexual abuse, loss, multiple foster placements, divorce/blended families, housing transitions, loss of friend, relationship, etc., witnessing domestic violence, natural disaster, significant illness

## WHAT IS CHILDHOOD TRAUMATIC GRIEF?

**Childhood Traumatic Grief includes:** normal grief or mourning, unresolved or delayed grief or grief associated with sudden loss

## HOW DO TF-CBT AND CTGT WORK?

- Encourage children to share & process traumatic experiences
- Promote dialogue between parent & child
- Make connections between thoughts, feelings & behaviors
- Develop personalized stress management skills
- Identify means of coping with a range of emotions
- Help parents develop skills for optimizing their child's emotional and behavioral adjustment
- Modify unhealthy or negative behaviors, as well as thought distortions

## HOW DOES A CHILD BEGIN TRAUMA FOCUSED THERAPY?

The program is open to children ages 3-21 with a qualifying mental health or high functioning ASD diagnosis who have experienced trauma. Trauma Focused and Grief Therapy is recommended through a psychological or psychiatric evaluation. Additional information and assistance available through the BHRS program at the Barber National Institute.