

A TF-CBT THERAPIST...

- Has knowledge about child/adolescent trauma
- Has knowledge about child/adolescent development
- Has trauma-specific assessment skills
- Is able to provide the role of a teacher in a session
- Is able to be directive in a session
- Has child AND family psychotherapy skills
- Can tolerate hearing the intimate details of a child's trauma
- Has regular consultation, supervision, and coaching

Customer Service 1.800.317.0708 or
989.772.5938
Michigan Relay 7-1-1
24-hour Crisis Telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989.539.2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
989.772.5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989.426.9295

Mecosta County

500 South Third Street
Big Rapids, MI 49307
231.796.5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989.631.2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231.832.2247

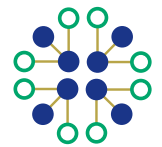


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TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is an evidenced-based treatment that is proven to decrease symptoms of post traumatic stress disorder, trauma, anxiety, depression, and other behavioral problems for children and adolescents.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

WHAT IS TF-CBT?

- TF-CBT is a conjoint child and parent psychotherapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events.
- It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques.
- Children and parents learn new skills to help process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings, and behaviors related to traumatic life events; and enhance safety, growth, parenting skills, and family communication.

WHO CAN BENEFIT FROM TF-CBT?

- TF-CBT has proved successful with children and adolescents (ages 3 to 18) who have significant emotional problems (e.g., symptoms of post traumatic stress disorder, fear, anxiety, or depression) related to traumatic life events.
- This treatment can be used with children and adolescents who have experienced a single trauma or multiple traumas in their life.
- Children or adolescents experiencing traumatic grief can also benefit from this treatment.
- TF-CBT can be used with children and adolescents residing in many types of settings, including parental homes, foster care, kinship care, group homes, or residential programs.

HOW LONG DOES TF-CBT TYPICALLY LAST?



- TF-CBT is designed to be a short-term treatment, typically lasting 12 to 16 sessions. Over 80 percent of traumatized children who receive TF-CBT experience significant improvement after 12 to 16 weeks of treatment.
- Treatment may be provided for longer periods depending upon individual child and family needs.
- TF-CBT can be used as part of a larger treatment plan for children with complex difficulties.

