

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a treatment approach that provides stress management skills to caregivers and children while addressing the child’s traumatic experience.

The therapy focuses on helping children understand and cope with their traumatic experiences while also teaching them skills to manage their emotions and behaviors by utilizing PRACTICE components.



TF-CBT recognizes the crucial role caregivers play in a child's recovery from trauma.

TF-CBT Is easy to Implement If you learn to PRACTICE

P	Psychoeducation/ Parenting Skills	<ul style="list-style-type: none"> ➔ Educate youth and family about TF-CBT and debunk any false narratives. ➔ Give caregivers the tools to address a child’s behavioral challenges.
R	Relaxation Skills	<ul style="list-style-type: none"> ➔ Give youth mindfulness skills to relax and cope. This helps them to manage the symptoms of their fear and anxiety.
A	Affective Modulation	<ul style="list-style-type: none"> ➔ Learn the basic skills of emotional control to help children and caregivers understand healthy vs. unhealthy forms of showing emotion.
C	Cognitive Coping	<ul style="list-style-type: none"> ➔ Teach youth to help identify specific stressful thoughts and problematic behavior. Youth can learn to identify harmful and unhealthy thoughts and replace them with more positive emotions.
T	Trauma Narrative	<ul style="list-style-type: none"> ➔ Use storytelling to help children confront negative thoughts and feelings about traumatic experiences instead of avoiding them. This can be through a song, story, rap, drawing, painting, audio, or other creative art.
I	In Vivo	<ul style="list-style-type: none"> ➔ Reduce their trauma related fears and helps youth to function appropriately around people, places, things, activities, or other triggers that may be associated with abuse or trauma.
C	Conjoin Session	<ul style="list-style-type: none"> ➔ Promote health and positive communications between the caregiver and child about the traumatic event or abuse. This helps to build the child’s confidence and ability to speak directly to caregivers about their experiences.
E	Enhancing Safety	<ul style="list-style-type: none"> ➔ Create a safety plan can help youth to cope with triggers and trauma related challenges as they arise.

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