



TRAUMA THERAPIES

TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY

OVERVIEW

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a structured, short-term treatment designed to help children, adolescents, and caregivers overcome trauma-related difficulties by addressing both thoughts and behaviors.

TF-CBT operates on the principle that how we think directly affects how we feel and how we act.

For example, a child who blames themselves for a traumatic event may, through TF-CBT, come to understand: 'It was not my fault.' This shift is powerful in reducing guilt and shame.



HOW IT WORKS

TF-CBT combines elements of cognitive behavioral therapy with trauma-sensitive interventions.

This therapy focuses on:

- Identifying and challenging unhelpful thoughts
- Building coping and relaxation skills
- Creating a 'trauma narrative' to process painful experiences
- Actively involving caregivers in the healing process

USEFUL TOOLS

THOUGHT LOGS

Helping clients track unhelpful thoughts.

RELAXATION SCRIPTS

Breathing, muscle relaxation, guided imagery.

TRAUMA NARRATIVE

A structured way for children to tell their trauma story safely.

CAREGIVER INVOLVEMENT

Coaching parents to support their child's healing.

INTERESTING FACTS

- Developed in the 1990s by Dr. Judith Cohen, Dr. Esther Deblinger, and Dr. Anthony Mannarino.
- TF-CBT has been tested in over 25 randomized controlled trials.
- Recognized by the National Child Traumatic Stress Network as a gold-standard treatment.

CONCLUSION

Trauma-Focused Cognitive Behavioral Therapy is one of the most evidence-based trauma treatments available. Studies show that it significantly reduces symptoms of PTSD, anxiety, and depression in children and adolescents.

TF-CBT empowers survivors of trauma to challenge distorted thoughts, build coping skills, and strengthen family support. It provides a clear pathway toward healing, hope, and resilience.