

## References

Trauma-Focused Cognitive Behavioral Therapy, National Child Traumatic Stress Network, [www.NCTSN.net.org](http://www.NCTSN.net.org)

# Trauma-Focused Cognitive Behavior Therapy (TF-CBT)



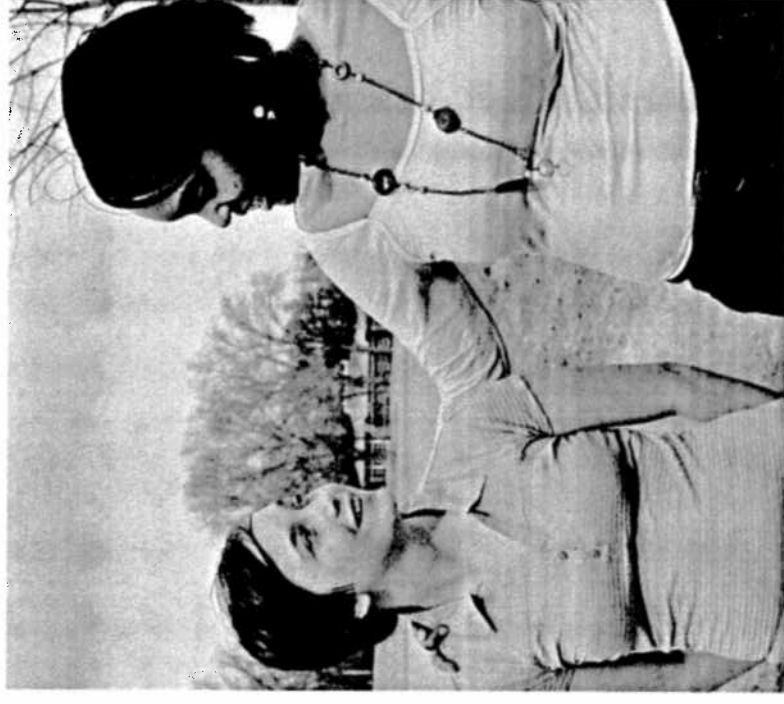
The force for families

To make a referral, please visit or call:

[www.YouthVillages.org/ga](http://www.YouthVillages.org/ga)

1-770-852-6333 or 1-800-255-8657

fax: 1-770-920-2745



Youth Villages is accredited by JCAHO and is an approved provider for many states' Medicaid and Departments of Human Services.

**Youth VILLAGES®**  
The force for families | G E O R G I A



The goal of Youth Villages Trauma-Focused Cognitive Behavior Therapy (TF-CBT) is to address the unique biopsychosocial needs of children with Post-Traumatic Stress Disorder (PTSD) or other problems related to trauma, as well as those of their parents or primary caregivers. An individualized, short-term treatment, TF-CBT may include separate counseling sessions for the child and his or her parents, as well as joint child-parents sessions.

## ASSESSMENT

For each child with a history of trauma, Youth Villages develops an individualized treatment plan based on the referral issues, assessment results and the UCLA PTSD index. When trauma is indicated as the primary contributing factor for the identified referral issues, Youth Villages uses Trauma-Focused CBT.

## TREATMENT WITH TF-CBT

TF-CBT is a model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. Children and parents are given information and learn skills related to processing the trauma; managing distressing thoughts, feelings and behaviors; and enhancing safety, parenting skills and family communication. There are eight components to TF-CBT treatment:

### 8 Components to TF-CBT

- Psychoeducation and parenting skills
- Relaxation
- Affective Modulation
- Cognitive Processing
- Trauma Narrative
- In Vivo Desensitization
- Conjoint Parent-Child Sessions
- Enhancing Safety and Social Skills

Supervised master's-level therapists deliver these components. Ongoing measures are completed monthly with a supervisor to ensure fidelity to the TF-CBT model. The UCLA PTSD index is administered after completion of TF-CBT to determine if PTSD symptoms have been reduced or eliminated.

## DISCHARGE

Youth Villages makes discharge decisions using comprehensive clinical information gathered from multiple sources. The discharge-planning process involves a review of the treatment progress by all involved parties (parents, referral source, and treatment team). A child or youth may need additional treatment following TF-CBT. The need for additional treatment is determined based on whether the child displays other symptoms that need to be addressed, as well as the continued presence of the referral issues.

