



Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)

Description:

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is designed to help children and adolescents who experience symptoms of post-traumatic stress disorder (PTSD). This psychotherapeutic approach utilizes CBT (*see Foundations section on page 7*) techniques to help traumatized children and adolescents cope with the negative consequences of experiencing trauma while increasing positive skills that can foster resiliency. This therapy is not intended to specifically treat substance abuse, but given that untreated trauma symptoms increase the likelihood of substance abuse, this approach is important to consider when working with youth who have trauma histories.

Key Components can be summarized by the acronym, **PPRACTICE**:

- P**sycho-education
- P**arenting skills
- R**elaxation
- A**ffective modulation
- C**ognitive coping and processing
- T**rauma narrative
- I**n vivo mastery of trauma reminders
- C**onjoint child-parent sessions
- E**nhancing future safety and development

Treatment Logistics

Participants: Child/Adolescent and their non-abusing caregiver

Number of Sessions: Usually 12-18 sessions of 60 to 90 minutes, including several joint sessions with the child and caregiver as appropriate.

Evidence-Base

Studies have shown that TF-CBT is effective in decreasing symptoms of PTSD in both children and caregivers. When compared to traumatized children who received supportive therapy, children treated with TF-CBT:

- Had significantly less acting-out behavior;
- Had significantly reduced PTSD symptoms;
- Had significantly greater improvement in depressive symptoms;
- Had significantly greater improvement in social competence; and
- Maintained these improvements a year after treatment ended.

Refer to Appendix B for a matrix that lists the organizations that have approved TF-CBT as an EBP or go to <http://www.uncg.edu/csr/asatp/ebpmatrix.pdf> to view it online.

Reference to Treatment Manual

Cohen, J.A., Mannarino, A.P., & Deblinger, E. (2006). *Treating trauma and traumatic grief in children and adolescents*. New York: The Guilford Press.

Additional References:

A web-based learning course from the Medical University of South Carolina, Alleghany General Hospital, and The National Child Traumatic Stress Network: <http://tfcbt.musc.edu/>

National Child Traumatic Stress Network: www.nctsn.org



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