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| *What is TF-CBT?** Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is an evidence-based, conjoint child and parent/caregiver psychotherapy model for children and adolescents who are experiencing clinically significant emotional and behavioral difficulties related to traumatic life events they have experienced.
* The goals of TF-CBT are to enable children and youth who have experienced serious traumatic events, and their supportive caregivers, 1) to learn effective skills to cope with trauma-related emotional and behavioral problems, 2) to face and resolve those problems in a safe and therapeutic way, and 3) to effectively integrate their trauma experiences and help them move on with their lives in a safe and positive manner.
* Specifically, TF-CBT is designed to reduce symptoms of Posttraumatic Stress Disorder (PTSD), trauma-related depression, anxiety, and behavior problems, and common trauma-related cognitive and emotional problems such as fear, shame, embarrassment, guilt, and self-blame. TF-CBT also improves caregiver support of the child, parenting skills, and parent-child communication.

*Who is TF-CBT for?** Children and youth 3-18 years old who have significant emotional problems related to traumatic events. It is effective in diverse and special populations.
* TF-CBT 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 living 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 relatively short-term treatment approach. Clients tend to experience improvements after 12 to 16 weeks.
* ChildSafe Center – CAC will continue to work with your child or adolescent for as long as it takes to complete the TF-CBT approach.

*Does TF-CBT work?** Multiple treatment outcome research studies and much clinical evidence indicate that TF-CBT helps children, adolescents, and their parents overcome many of the difficulties associated with abuse and trauma.
* TF-CBT has proven to be effective in addressing posttraumatic stress disorder, depression, anxiety, externalizing behaviors, sexualized behaviors, feelings of shame, and mistrust. The parental component increases the positive effects for children by reducing parents’ own levels of depression and emotional distress about their children’s abuse and improving parenting practices and support of their child.
* TF-CBT was rated a “Well supported, efficacious treatment”, the highest level of empirical support in the U.S Department of Justice sponsored report *Child Physical and Sexual Abuse: Guidelines for Treatment* and by the California Clearinghouse for Child Welfare.
* TF-CBT was selected as a “Best Practice” for cases of child abuse in the *Kaufman Best Practices Task Force Final Report* sponsored by the National Child Traumatic Stress Network.

*Who can deliver TF-CBT?*This treatment can be used by a variety of mental health professionals including clinical social workers, professional counselors, psychologists, psychiatrists, or clinical counselors. |