Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

Overview
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is designed to help children and adolescents and their parents overcome the negative effects of traumatic life events. TF-CBT aims to treat serious emotional problems such as posttraumatic stress, fear, anxiety, and depression by teaching children and parents new skills to process thoughts and feelings resulting from traumatic events.

Core Components
The acronym PRACTICE reflects the components of the treatment model:

- Psycho education and parenting skills
- Relaxation skills
- Affect expression and regulation skills
- Cognitive coping skills and processing
- Trauma narrative, in vivo exposure (when needed)
- Conjoint parent-child sessions
- Enhancing safety and future development

TF-CBT in the DBHIDS network
DBHIDS received a SAMHSA grant to establish the Philadelphia Alliance for Child Trauma Services (PACTS) to serve youth with traumatic stress. The providers participating in PACTS receive training from treatment experts and ongoing implementation support for delivering TF-CBT. Performance assessment and evaluation is conducted by the University of Pennsylvania.

For more information visit:
http://www.philadelphiapacts.org/

Target Population
TF-CBT was created for young people ages 3-18 years who have developed significant emotional or behavioral difficulties following exposure to a traumatic event (e.g., loss of a loved one, physical abuse, sexual abuse, domestic or community violence, motor vehicle accidents, fires, natural disasters, terrorist attacks).

Treatment Setting
TF-CBT is delivered in outpatient and residential treatment settings

Length/Frequency of Treatment
TF-CBT is usually delivered in 20-25 weekly sessions.

Referral Process
Outpatient providers delivering TF-CBT can be accessed by calling the providers in the provider directory. Residential treatment facilities require pre-authorization by Community Behavioral Health.

Website:
http://www.nctsnet.org/resources/topics/treatments-that-work/promising-practices