

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

## **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 12-20 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**

<https://www.nctsn.org/treatments-and-practices/trauma-treatments>

## **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/>