

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Therapy is a critical component for helping children overcome sexual abuse and other trauma. Left untreated, child trauma often manifests itself in health, sexual and social problems throughout life. Kristi House's approach is grounded in **Trauma-Focused Cognitive Behavior Therapy**.

TF-CBT has 25+ years of empirical data proving its effectiveness for child sexual abuse victims, as well as for children exposed to violence, disasters, traumatic grief and other traumatic experiences.

TF-CBT addresses trauma impact for children and their families including but not limited to Posttraumatic Stress Disorder (PTSD), depression, anxiety, externalizing behavior problems, relationship and attachment problems, school problems and cognitive problems. The average length of treatment is 12 to 15 sessions.



Essential Components

TF-CBT focuses on establishing a therapeutic relationship with youth and their caregiver(s), and the use of gradual exposure throughout treatment. Practice components include:

- Psycho-education and parenting skills
- Relaxation skills individualized to youth and parent
- Affective modulation skills
- Cognitive coping and processing
- Trauma narrative
- In vivo mastery of trauma reminders
- Conjoint youth-parent sessions
- Enhancing future safety and development

For more information, please contact Kristi House's Clinical Supervisor **Josefina Costa** or Assistant Clinical Supervisor **Julie Basulto** at **(305) 547-6800**



KRISTI HOUSE, INC.
Children's Advocacy Center
1265 NW 12th Ave.
Miami, FL 33136

www.kristihouse.org
305-547-6800