

TF-CBT Services, Comprehensive Enhanced Care

It's important that a traumatized child receive specialized care from an appropriate provider. At United Services, our clinicians are specifically trained in TF-CBT and services are provided within our larger Child Guidance Clinic, a comprehensive enhanced care clinic.

Expert Trauma Care

- All clinicians in our Child Guidance Clinic receive training in TF-CBT through the Child Health and Development Institute (CHDI). Our staff is also active in the TF-CBT Learning Collaborative operated by the Connecticut Collaborative on Effective Practices for Trauma.

A Comprehensive, Child-Friendly Setting

- Our clinicians work exclusively with children, providing a more child-focused treatment experience and a more specialized approach.
- In addition to TF-CBT, our Child Guidance Clinic offers access to a full-time child and adolescent psychiatrist and psychologist, as well as a wide range of treatment options for other issues or conditions that may occur as a result of trauma.

Child Care During Therapy Sessions

- To help ensure consistent participation in therapy, child care is provided while parents are in session, Monday through Thursday from 2 - 6 p.m. and Fridays from 2 - 5 p.m.



United Services, Inc.

Creating healthy communities

United Services is an award-winning, private, nonprofit behavioral health center, creating healthy communities throughout eastern Connecticut since 1964.

Our Services:

Mental and Behavioral Health Services for Children, Adolescents, Adults and Families

Emergency Psychiatric Services

Substance Abuse Treatment

Domestic Violence Program

Center for Autism

Support Services for the Elderly

Employee Assistance Program

Mental Health First Aid Training

Our Offices:

1007 North Main St., Dayville, CT 06241

303 Putnam Rd., Wauregan, CT 06387

132 Mansfield Ave., Willimantic, CT 06226

233 Route 6, Columbia, CT 06237

For More Information:

860-774-2020

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TF-CBT

Trauma-Focused Cognitive Behavioral Therapy

*Providing Tools & Strategies to
Help Traumatized Children Heal*



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What is TF-CBT?

TF-CBT stands for Trauma Focused Cognitive Behavioral Therapy. It is a highly effective evidence-based form of psychotherapy that helps children and adolescents who have suffered abuse or other traumatic experiences to better cope with, and eventually resolve, the significant emotional and behavioral difficulties that resulted from the trauma or abuse. It is the most well-supported and effective treatment for children who have been abused or otherwise traumatized.

Who can benefit?

Children and adolescents who are experiencing significant emotional problems as a result of one or multiple traumatic life events, including:

- Neglect, physical or sexual abuse
- Sudden or violent death of a loved one
- Being exposed to domestic violence
- Being involved in or witnessing a violent crime, accident or natural disaster
- Having suffered through, or had a close family member suffer through, a life-threatening illness or injury

Symptoms exhibited by traumatized children vary by age and from one person to another. But in general, negative physical, behavioral and cognitive symptoms may include:

- Depression, anxiety, fear, worry, guilt and feeling "disconnected" and "damaged"
- Irritability, aggression, crying or startling easily, regressive behaviors, increased tantrums, "clingy" behavior
- Nightmares, intrusive thoughts or memories, difficulty concentrating
- Difficulty falling asleep, changes in appetite, muscle tension, headaches, aches and pains, fatigue

What is involved?

TF-CBT involves a series of 18 to 20 therapy sessions. Some sessions are just for the child, some are just for the caregiver (a parent or any other caregiver who will be a constant in the child's life), and some are for both. The program consists of a series of treatment phases that each focus on a different set of strategies and skills.

The TF-CBT treatment phases, commonly abbreviated as "PRACTICE," are:

Psycho-education and parenting skills

Relaxation techniques

Affective expression and regulation

(Therapist helps the child to recognize, talk about and be in control of feelings.)

Cognitive coping strategies

(Therapist helps the child to identify and correct any inaccurate or unhelpful thoughts.)

Trauma narrative development & processing

(The child is encouraged to talk about the traumatic event, eventually "un-pairing" thoughts of the event from overwhelming negative emotions.)

In vivo gradual exposure

(Used to desensitize the child to trauma "triggers" through gradual exposure while encouraging him / her to use the coping strategies learned earlier.)

Conjoint child-parent sessions

Enhancing future safety and development

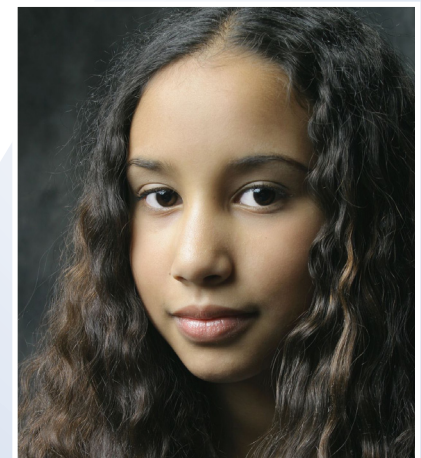
Treatment Results

The ultimate goal of TF-CBT is to:

- Reduce the child's negative emotions and behaviors related to the trauma
- Help correct unhelpful thoughts and mistaken beliefs related to the traumatic experience
- Provide support and skills to caregivers who may also be experiencing emotional distress
- Provide skills to caregivers to help them continue to support their children

TF-CBT is proven to be highly effective. In one study of children who completed the treatment:

- 45% reported a decrease in trauma symptoms
- 50% reported a decrease in depression symptoms
- 80% of achieved remission of their Post Traumatic Stress Disorder diagnosis
- Caregivers reported a high degree of satisfaction



For an appointment & more information: 860-774-2020

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