Trauma-Focused Cognitive Behavioral Therapy
An Overview for Children and Families

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) was developed almost 20 years ago to help children who have experienced or witnessed trauma, such as sexual or physical abuse, a tornado or fire, a motor vehicle accident, violence at home or in the community, or some other type of stressful event. Because children often feel scared, upset, sad or even angry when trauma occurs, TF-CBT provides education about trauma, teaches coping skills, and develops the tools children need to heal.

What is Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)?

- TF-CBT is a brief treatment of 12 to 16 sessions that can help children begin their recovery quickly.
- The treatment can be used with children ages 3 to 18.
- Children and parents learn new skills to process thoughts and feelings about trauma.
- It is highly recommended that non-offending parents or other caregivers participate so that everyone learns new ways of managing stress.

Does TF-CBT Work?

- TF-CBT is one of the most effective treatments for children exposed to trauma.
- TF-CBT has been recognized by the federal government as an effective treatment, so the team at AR BEST (Arkansas Building Effective Services for Trauma) has trained therapists all over Arkansas to provide this type of therapy.

How Do I Know If TF-CBT Is Right for My Child?

- Trained therapists learn how to conduct trauma assessments with children to best understand how to work with them. They will be able to tell you whether TF-CBT is appropriate for your child.
- The assessment will also help a therapist monitor a child’s progress and consult with other professionals to improve outcomes for children.

Where Can I Find a TF-CBT Therapist in Arkansas?

- Go to our website and search your county on our map (http://www.uams.edu/arbest/map.asp).
- If you still need help locating a TF-CBT therapist, contact Chad Sievers at cmsievers@uams.edu or 501-526-8317.