

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



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(989) 792-9732

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SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

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

An Evidence-Based Practice

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

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a structured, short-term, evidence-based therapy that successfully improves a range of trauma-related symptoms in about 8-25 sessions with a child or teen and their caregiver. Although TF-CBT works very well with improving youth posttraumatic stress disorder (PTSD) symptoms, a PTSD diagnosis is not needed to receive this treatment. TF-CBT is also a good treatment for many other trauma-related symptoms including mood or nervous symptoms, (e.g., depressive, anxiety), thinking, and behavioral problems. It has also been shown to lead to improvements in the participating parent's or caregiver's personal distress about the child's traumatic experience, effective parenting skills, and supportive interactions with the child.



## The TF-CBT Model

- **Psychoeducation and parenting skills:** Psychoeducation is provided to children and their caregivers about the impact of trauma and common childhood reactions. Parenting skills are provided to optimize children's emotional and behavioral adjustment.
- **Relaxation skills:** Relaxation and stress management skills are individualized for each child and parent.
- **Affective expression and modulation skills:** Affective expression and modulation are taught to help children and parents identify and cope with a range of emotions.
- **Cognitive coping and processing skills:** Cognitive coping and processing are enhanced by illustrating the relationships among thoughts, feelings and behaviors. This helps children and parents modify inaccurate or unhelpful thoughts about the trauma.
- **Trauma narration and processing:** Trauma narration, in which children describe their personal traumatic experiences, is an important component of the treatment.

## Model continued...

- **In vivo mastery of trauma reminders:** In vivo mastery of trauma reminders is used to help children overcome their avoidance of situations that are no longer dangerous, but which remind them of the original trauma.
- **Conjoint child-parent sessions:** Conjoint child-parent sessions help the child and parent talk to each other about the child's trauma.
- **Enhancing safety and future developmental trajectory:** The final phase of the treatment; Enhancing safety and future development; addresses safety, helps the child to regain developmental momentum, and covers any other skills the child needs to end treatment.

## For More Information

Discuss TF-CBT eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.