



# Seasons Counseling Center

## TF-CBT Program

Trauma-Focused Cognitive Behavioral Therapy  
for Children & Adolescents

*Helping Children Heal After Difficult Experiences*

### What Is TF-CBT?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment designed to help children, adolescents, and their caregivers overcome the emotional and behavioral effects of trauma.

### Who Can Benefit?

-  Abuse or neglect
-  Loss or grief
-  Exposure to violence
-  Foster care transitions
-  Medical trauma or accidents
-  Family disruption or crisis
-  Anxiety, fear, or behavioral changes after stressful events




### How TF-CBT Helps Children

- ✓ Reduces anxiety, fear, and emotional distress
- ✓ Helps children understand and express feelings
- ✓ Builds coping and calming skills
- ✓ Improves behavior and emotional regulation
- ✓ Strengthens caregiver-child connection

Contact Us Today or Make a Referral!

 (573) 327-9841

 <https://seasoncc.com/>

