



Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is an evidence-based treatment approach shown to help children, adolescents, and their parents (or other caregivers) overcome trauma-related difficulties, including child maltreatment. TF-CBT helps children and teens address distorted or upsetting beliefs and attributions and learn skills to help them cope with ordinary life stressors. It also helps parents to cope effectively with their own emotional distress and develop skills that support their children.



Goals

- 1) Learn effective skills to cope with trauma-related emotional and behavioral problems.
- 2) Face and resolve those problems in a safe and therapeutic way.
- 3) Effectively integrate client trauma experiences and help clients move on with their lives in a safe and positive manner.

Research shows that 80% of children/adolescents who have experienced a traumatic event get better with TF-CBT treatment (Mannarino, 2020).

Online referrals can be made at www.thehealingprojectmn.org
Contact us with questions at 612-778-2754 or intake@thehealingprojectmn.org