



Trauma-Focused Cognitive Behavioral Therapy



If you are interested in learning more about MCCMH's TF-CBT program, please call 855-99-MCCMH (855-996-2264).

The MCCMH Crisis Line is available for 24/7 support: 586-307-9100

Helping children heal from trauma

Trauma-focused cognitive behavioral therapy (TF-CBT) is a short-term therapy that has been proven to help children and teens heal after trauma. It gives kids a safe and supportive place to talk about what happened and learn healthy ways to cope.

TF-CBT works well for children and teens ages 3 to 18 who have strong emotional challenges, like post-traumatic stress disorder (PTSD), fear, anxiety, or depression, caused by one or more traumatic events.



MACOMB COUNTY
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



 mccmh.net

  @wearemccmh

TF-CBT brings together the child or teen and parents or caregivers. It often includes:

- Individual sessions for the child or teen
- Individual sessions for parents or caregivers
- Joint sessions between parents or caregivers and child or teen

Research shows that taking part in TF-CBT on a regular basis can greatly reduce trauma-related thoughts and feelings. As treatment continues, the child's brain begins to replace scary or upsetting memories with more helpful and positive ways of thinking about what happened.

Skills & support for both children & caregivers

In TF-CBT sessions, children and teens learn that the trauma was not their fault. They also discover that other people have gone through similar experiences and survived, so they are not alone. Over time, they begin to build confidence and feel safer talking about their feelings.

They'll also learn:

- Skills to help them manage their emotions and behaviors
- How to handle things that remind them of the trauma
- Useful ways to share and talk about their feelings
- How to notice negative thoughts and replace them with more helpful ones

In TF-CBT, parents and caregivers play an important role in helping the child heal. TF-CBT also supports parents and caregivers by helping them:

- Work through their own feelings about the trauma
- Understand how trauma affects a child's brain
- Learn techniques that help with trauma responses
- Practice positive parenting skills and supportive ways to interact
- Build stronger communication through family sessions

TF-CBT is very helpful for reducing trauma symptoms in children and teens. Even though TF-CBT works well for youth with PTSD symptoms, a PTSD diagnosis is not required to receive this treatment. Many kids and teens benefit from TF-CBT because it helps them cope with the effects of trauma.

