

GOALS TF-CBT

Goals of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

- Teaching children and their non-offending caregivers adaptive coping skills
- Assisting children to emotionally and cognitively process their traumatic experiences
- Reducing the emotional and behavioral reactions exhibited by children
- Facilitating children's adjustment to placement when needed
- Assisting non-offending caregivers in responding to their child's reactions as well as helping them cope with their own feelings related to the trauma(s)
- Working with caregivers and children in joint sessions to improve interaction, enhance communication and practice personal safety skills to help reduce the risk of future victimization

*Learning
coping skills
beginning
to heal*

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Children's Advocacy Center
for Kaufman County