



CENTER FOR CHILD & FAMILY HEALTH

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Strengthening the mental health workforce. **Changing children's lives.**

WHAT IS TF-CBT?

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is a trauma-focused intervention for youth (ages 3-18) and their non-offending caregiver.

- Appropriate for youth who are experiencing **symptoms directly related to a traumatic event(s)**
- Average length of treatment: **8-25 weekly, 60-90 minute sessions**
- Targets **posttraumatic stress, depressive, and behavioral symptoms**
- Maximum benefits when **primary caregiver** is actively involved in treatment

OUTCOMES¹

- **Decreased posttraumatic stress symptoms** continuing 2 years post treatment
- **Decreased depressive symptoms** continuing 2 years post treatment
- **Decreased sexual behavior problems**
- **Decreased dissociation** continuing 1 year post treatment
- **Decreased externalizing behaviors**
- **Decreased trauma-related parental distress** continuing for 1 year post treatment
- **Improved parenting skills**

RETURN ON INVESTMENT

In the United States, 61% of children are affected by violence, abuse, or crime,² putting them at **increased risk** for:

- depression,
- academic problems,
- violent behavior,
- substance use,
- delinquency,
- teen pregnancy,
- and other emotional-behavioral challenges.

Lifetime costs of childhood maltreatment are estimated at **\$210,012** per case.³

SERVICE DELIVERY

TF-CBT has been successfully delivered in diverse settings where a **non-offending caregiver is actively involved in treatment**, such as clinics, in-home, residential treatment facilities, schools, and juvenile detention facilities.

The North Carolina Child Treatment Program (NC CTP) offers two training cohorts per year in TF-CBT. Training cohorts are 12 months long and consist of face-to-face learning sessions and faculty consultation.

Contact NC CTP for more information.

With funding from:



Mental Health, Developmental Disabilities, and Substance Abuse Services HEALTH AND HUMAN SERVICES

¹ The California Evidence-Based Clearinghouse for Child Welfare (2006-2017) *Trauma-Focused Cognitive Behavior Therapy*.

² Finkelhor, D., Turner, H. A., Ormrod, R., & Hamby, S. L. (2010). *Trends in childhood violence and abuse exposure: Evidence from 2 national surveys*.

³ Fang, X., Brown, D. S., Florence, C. S., & Mercy, J. A. (2012). *The economic burden of child maltreatment in the United States and implications for prevention*.

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