TO LEARN MORE ABOUT TF-CBT
Contact Ambit Network
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TF-CBT
Trauma-Focused
Cognitive Behavioral Therapy
TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY

- TF-CBT is a short-term treatment to help children overcome the painful effects of experiencing traumatic life events.
- Research studies show that TF-CBT effectively reduces trauma symptoms in children.
- TF-CBT is a components-based treatment that teaches skills and strategies to help children and caregivers manage symptoms of trauma.

WHO PROVIDES TF-CBT?

Licensed mental health professionals who receive training specifically in TF-CBT, including psychologists, counselors, social workers, and family therapists.

WHO IS TF-CBT FOR?

- Children between the ages of 3-18 who have experienced a traumatic event or complex trauma and have developed symptoms of traumatic stress.
- TF-CBT has been adapted for several populations, including Latino, Native American, and hearing-impaired families.
- Children who develop emotional or behavioral problems as a result of experiencing a traumatic event.

Over 80% of children who participate in TF-CBT show significant improvement in symptoms in 12 to 16 weeks

HOW DOES TF-CBT WORK?

- Teaches effective coping and relaxation strategies to help children handle stress
- Reduces children’s anxiety when thinking or talking about the event
- Improves behavior and helps children feel happier, more trusting, and more confident
- Enhances parental support and improves family functioning

ABOUT AMBIT NETWORK

Ambit Network is a University-community partnership established in 2005 as a National Child Traumatic Stress Network Community Treatment and Services Center to raise the standard of care for traumatized children by training child service systems and developing a statewide Continuum of Care for Child Trauma.