

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT for children and their families is an alternative treatment approach designed to help children and adolescents who have suffered sexual abuse overcome posttraumatic stress disorder (PTSD), depression, and other behavioral and emotional difficulties. The program helps children to:

- Learn about child sexual abuse as well as healthy sexuality
- Therapeutically process traumatic memories
- Overcome problematic thoughts, feelings, and behaviors
- Develop effective coping and body safety skills

The program emphasizes the support and involvement of nonoffending parents or primary caretakers and encourages effective parent-child communication. Cognitive behavioral methods are used to help parents learn to cope with their own distress and respond effectively to their children's behavioral difficulties. This CBT approach is suitable for all clinical and community-based mental health settings and its effectiveness has been documented for both individual and group therapy formats.

Training Fees

Clinical Director - Esther Deblinger, PhD	\$3,000 per day (plus travel expenses)
Other Experienced Trainers/Clinicians	\$2,000 per day (plus travel expenses)
Telephone Consultation & Support	\$260/hour

Overview of TF-CBT model	1 day
Introductory Clinical Training	2 days
Advanced Clinical Training	2-4 days

Required Training Materials

- Treating Trauma and Traumatic Grief in Children: A Clinician's Guide
Judith Cohen, MD, Anthony Mannarino, PhD – Allegheny General Hospital
Esther Deblinger, PhD – CARES Institute
Order online at www.guilford.com
- Brief TF-CBT overview training available for free at <http://tfcbt.musc.edu>

Suggested Training Materials

- Let's Talk About Taking Care of You: An Educational Book about Body Safety
Lori Stauffer, PhD – Hope for Families, Inc.
Esther Deblinger - CARES Institute
Price: Young Children's Book (2-6 year olds) \$10/book
Elementary School Book \$15/book
Order online at www.hope4families.com

Questions?

Please contact (856) 566-6732 or carestraining@umdnj.edu.

PROVEN RESULTS

- 63% reduction in children's PTSD symptoms
 - 41% reduction in children's levels of depression
 - 23% reduction in children's acting-out difficulties
 - Reductions in children's levels of PTSD, depression, and acting-out behaviors were maintained for 2 years
- Participation in group CBT-CSA led to:
- 26% reduction in parents' emotional distress related to the abuse
 - 45% reduction in parents' intrusive thoughts about the abuse
 - 45% improvement in body safety skills in young children

