

# TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)



## OVERVIEW OF THE PROGRAM

The Juvenile Justice Incentive Grant (JJIG) program is a statewide competitive grant administered by the Criminal Justice Coordinating Council (CJCC). The program offers funding and technical support for juvenile courts to implement nationally recognized community-based treatment programs appropriate for youth scoring moderate- to high-risk on the Pre-Disposition Risk Assessment (PDRA).

Evidence-based programs (EBPs) provide support and supervision to address youth needs; promote a positive relationship among the youth, their families, and their communities; and ultimately reduce out-of-home placements, associated higher costs, and recidivism while maintaining public safety.

## THE IMPORTANCE OF RISK AND PROTECTIVE FACTORS

EBPs target specific risk and protective factors that influence the problem for their target population. **Risk factors** are aspects of a person or their environment that increases the likelihood they will experience a negative outcome. **Protective factors** are aspects of a person or their environment that have a positive influence and serve as a buffer against negative outcomes. The main goal for EBPs is to strengthen existing protective factors or build new ones and reverse risk factors in youth.

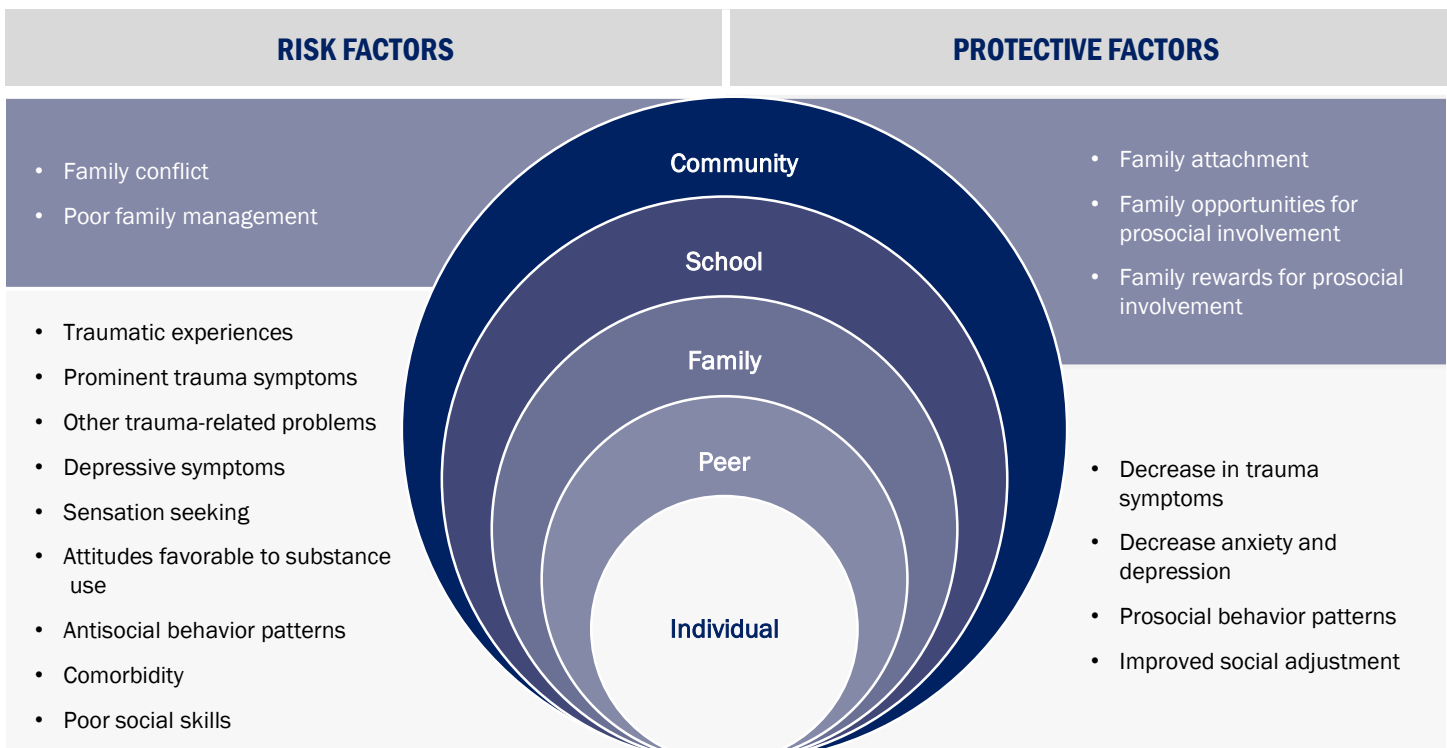


A youth with risk factors is more likely to experience more risk factors and less protective factors.

Each protective factor a youth has reduces the impact of one or more risk factors.

## TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT) PROGRAM SUMMARY

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment for adolescents and their caregivers who have been impacted by trauma.



# TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT) FREQUENTLY ASKED QUESTIONS (FAQS)

## What is TF-CBT?

- TF-CBT is an evidence-based psychosocial therapeutic model that utilizes trauma-sensitive interventions and cognitive behavioral strategies to reduce emotional and behavioral symptoms resulting from exposure to trauma.
- TF-CBT includes both child-only, parent-only, and parent-child sessions. The parent-child session encourages the child to discuss openly and directly the traumatic events with the parent. Parent/caregiver involvement is encouraged, but not required.
- TF-CBT components are: Psychoeducation and Parenting skills, Relaxation, Affective modulation, Cognitive processing, Trauma narrative, In vivo desensitization, Conjoint parent-child sessions, and Enhancing safety and social skills (PRACTICE). It has three phases: stabilization, trauma narrative, and integration.

## What is the main goal of TF-CBT?

- Improving child PTSD, depression, anxiety, and other problem behavior by reducing their symptoms and assisting the child or youth to develop coping strategies for traumatic stress reactions.
- Additional goals are to improve parent-child communication, safety, child or youth's adaptive functioning, trust, and parental comfort of child or youth.

## Is TF-CBT evidence-based?

- Currently, 21 randomized controlled trials have been conducted comparing TF-CBT to other active treatment conditions. All of these studies have documented that TF-CBT was superior for improving children's trauma symptoms and responses.
- To learn more about TF-CBT, including TF-CBT telehealth resources, please visit their [website](#).

## How long is the TF-CBT program?

- Sessions typically occur one to two times weekly and last for 60-90 minutes each. The average length of treatment is 12-25 sessions. The duration of TF-CBT is dependent on the needs of the child or youth. Additionally, therapists allow youth to go at their own pace, due to the nature of content being discussed.

## What is the target population for TF-CBT?

- TF-CBT is appropriate for children or youth between the ages of 3 to 18 who have had a range of traumatic experiences, prominent trauma symptoms, other trauma related problems, and/or dual diagnoses (PTSD, depression, anxiety, with or without behavioral problems).
- TF-CBT is appropriate for both males and females and all race and ethnicities.

## What is the criteria for a therapist to become trained/certified in TF-CBT?

- Therapists must have at least a master's degree in a mental health discipline and be licensed in their mental health discipline.
- TF-CBT Certification Criteria includes:
  - Completion of TF-CBTWeb 2.0;
  - Participate in a live TF-CBT training (two days) conducted by a treatment developer or approved national trainer;
  - Participate in follow-up consultation or supervisor on a twice a month basis for at least six months or once a month basis for at least twelve months provided by one of the treatment developers or graduate from the Train the Trainer program;
  - Completion of three separate TF-CBT treatment cases with three children or youth with at least two of the cases including the active participation of caretakers or another designated third party;
  - Use at least one standardized instrument to assess TF-CBT treatment progress with each of the above cases;
  - Take and pass the TF-CBT Therapist Certification Program Knowledge-Based Test.

## How many counties are using TF-CBT in Georgia?

- Through the Juvenile Justice Incentive Grant, four counties are currently providing TF-CBT.

