

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— April 2021



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

An Evidence-Based Practice

What is Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is proven help for children or teens and their caregivers. TF-CBT is good treatment for many trauma-related symptoms including mood or nervous symptoms, (e.g., depressive, anxiety), thinking, and behavioral problems. It improves many symptoms in about 8-25 sessions.

It has also been shown to lead to improvements in:

- the participating parent's or caregiver's personal upset about the child's traumatic experience
- helpful parenting skills
- supportive interactions with the child



The TF-CBT Model

- **Psychoeducation and parenting skills:** Information is given to children and their caregivers. It is about how children respond to trauma. Parenting skills are taught to improve children's change with feelings and behavior.
- **Relaxation skills:** Relaxation and stress management skills are individualized for each child and parent.
- **Affective expression and modulation skills:** Learning how to better control and show feelings is taught to help children and parents notice and cope with many kinds of emotions.
- **Cognitive coping and processing skills:** The relationships between thoughts, feelings and behaviors are taught as a way to improve healthy thinking. This helps children and parents change mistaken or unhelpful thoughts about the trauma.
- **Trauma narration and processing:** Trauma storytelling, where children explain their personal traumatic experiences. It is an important part of the treatment.

Model continued...

- **In vivo mastery of trauma reminders:** In vivo mastery of trauma reminders is used to help children stop their avoidance of situations that are no longer dangerous. These situations remind them of the original trauma.
- **Conjoint child-parent sessions:** Sessions with parent and child together help the them talk to each other about the child's trauma.
- **Enhancing safety and future developmental trajectory:** The last phase of the treatment:
 - addresses safety
 - helps the child to get back age-related personal growth
 - covers any other skills the child needs to end treatment.

To Learn More

Is TF-CBT right for my family? Talk about it with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.