Ask for a TF-CBT Therapist

Appel, Wilson and Vaughn, LLC	302-678-0213	KC
Catholic Charities		
Wilmington	302-655-9624	NCC
Dover	302-674-1600	KC
Georgetown	302-856-9578	SC
Children and Families First*	302-658-5177	NCC
Christiana Counseling	302-995-1680	NCC
Delaware Guidance Services		
Wilmington†	302-652-3948	NCC
Newark	302-455-9333	NCC
Dover†	302-678-3020	KC
Lewes†	302-645-5338	SC
Seaford	302-262-3505	SC
Jeanne Doe Dukes, LCSW*	302-430-2127	SC
Jewish Family Services		
Wilmington	302-478-9411	NCC
Newark	302-478-9411	NCC
Latin American Community Center†	302-655-7338	NCC
Lewes Counseling*	302-430-2127	SC
Lighthouse Therapy Center*	302-732-1310	SC
Mind and Body Consortium†	302-674-2380	KC
Mid-Atlantic Behavioral Health	302-224-1400	NCC
Moore Proactive Solutions*	302-837-3306	NCC
Pressley Ridge		
Newark	302-366-0490	NCC
Dover	302-677-1590	KC
Georgetown	302-854-9782	SC
People's Place	302-422-8026	KC
Smith-Coleman Counseling*	302-377-2603	NCC
Stephanie Traynor, Psy.D.*†	302-593-4675	NCC
The Tides Behavioral Health*	302-703-2255	SC
Tranquility Counseling, Inc.	302-636-0700	NCC
The Delaware Family Center*	302-995-9600	NCC

**** Not a DPBHS provider.*** ***† Bilingual therapist on staff.***

New Castle County (NCC); Kent County (KC); Sussex County (SC)

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For more information or to be linked to a trained TF-CBT therapist, call **302-633-2571.**

A Delaware roster of TF-CBT therapists is available online at **www.kids.delaware.gov**

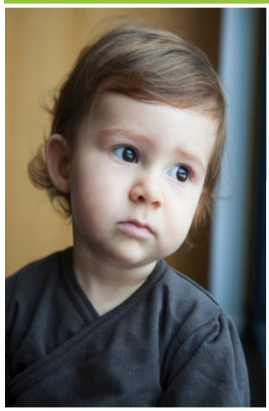
For translations of this publication, call 302-781-3210.

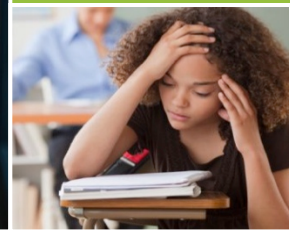
Delaware Children's Department
Division of Prevention and Behavioral Health Services

Rev. 4/2013

NCTSN The National Child Traumatic Stress Network

Trauma-focused Cognitive Behavioral Therapy



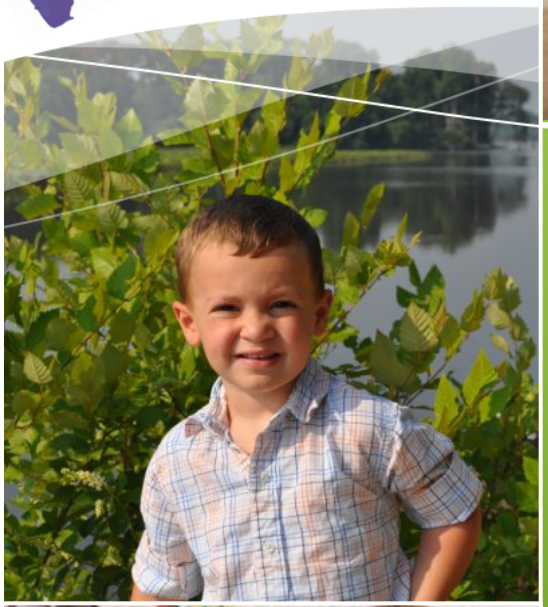


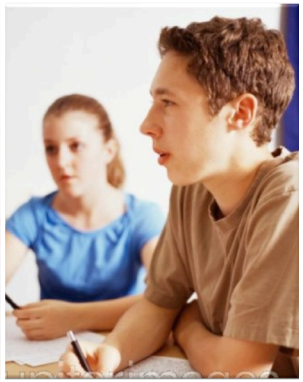
Effective Treatment

For childhood trauma

Children ages 3–17

Managing troubling thoughts, feelings and behaviors





What is TF-CBT?

Trauma-focused Cognitive Behavioral Therapy

TF-CBT is an evidenced-based treatment proven effective for children ages 3-17 who have experienced traumatic events such as:

- Sexual and/or Physical Abuse
- Neglect
- Witness to Violence
- Incident of Loss
- Tragic Incidents

Working with a trained TF-CBT therapist over 12– 16 office–based one-hour sessions, children and parents learn how to recognize trauma related problems, skills to manage troubling behaviors and ways to cope with difficult memories.

What you can expect …

- Help in overcoming distress related to the trauma – for parents and the child.
- Reduction in child's symptoms.
- Increase skills and ability of child and parents to cope with trauma.

Signs to look for …

- Disclosure – child reports abuse. Children rarely lie about this and should be believed;
- Repeated upsetting memories of the event;
- Acting out the traumatic event;
- Very upset by sights, sounds, smells that trigger memory of the event;
- Being easily startled;
- Frequent nightmares; and
- Difficulty sleeping.

For more information or to be linked to a trained TF-CBT therapist, call **302-633-2571 or 800-722-7710.**
For more information about Child Traumatic Stress, visit **www.nctsn.org**