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DCMHS has trained therapists in Delaware to use this very effective mental health treatment with children and families.

**The Delaware Roster of TF-CBT Therapists**

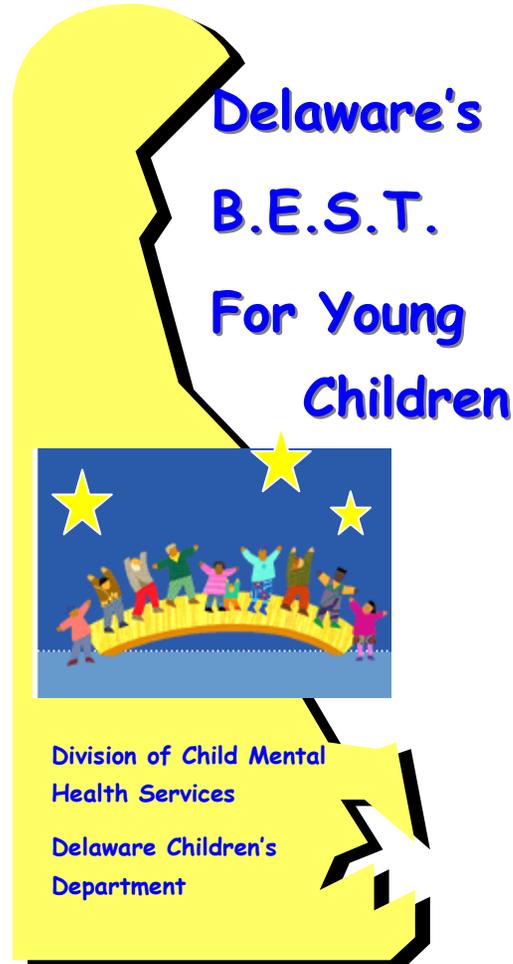
is on line at:

[www.kids.delaware.gov](http://www.kids.delaware.gov)

All these therapists accept private, commercial insurance.

For more information about child traumatic stress, go to:

[WWW.NCTSN.ORG](http://WWW.NCTSN.ORG)



**Delaware's  
B.E.S.T.  
For Young  
Children**

Division of Child Mental  
Health Services

Delaware Children's  
Department



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**Trauma-focused  
Cognitive  
Behavioral  
Therapy**

Effective treatment for Childhood Trauma from:

- Sexual and/or Physical Abuse;
- Neglect;
- Witnessing violence;
- Traumatic incidents/loss



For more information, to arrange screening for child traumatic stress or to be linked to a trained TF-CBT therapist, call DCMHS: **302-633-2695**

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# Trauma-focused Cognitive Behavioral Therapy

## What is it?

- Effective treatment, working with a TF-CBT therapist and your child
- Therapy occurs in an office, usually complete in 12 to 16 one-hour sessions (often fewer sessions for younger children)
- Sometimes the therapist meets with the child and adult separately, sometimes together
- Children and parent(s) learn:
  - How to recognize problems resulting from childhood trauma
  - Skills for managing troubling thoughts, feelings and behaviors
  - Relaxation skills
  - Ways to cope with difficult memories

## Will TF-CBT help my child?

**TF-CBT** works well with children who are having emotional or behavioral problems resulting from sexual and/or physical abuse, neglect, witnessing violence or a tragic incident or loss.

### Signs to look for include:

- 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;
- Difficulty sleeping.

## What can I expect from TF-CBT?

- Help in overcoming distress related to childhood trauma—for the parent(s) and for the child;
- Reduction in child's problem symptoms or behaviors
- Increase in skill and ability of child and parent(s) to cope with childhood trauma

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