

Find a TF-CBT Trained Therapist Near You  
in ARBEST's Online Directory:

<http://arbest.UAMS.edu/clinicianslist/>



## APPOINTMENT

Make note of your first appointment time once you find a TF-CBT trained therapist that works for you.

Therapist: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_



## QUESTIONS TO ASK YOUR THERAPIST

- What is your experience working with children with trauma?
- Are you trained to provide evidence-based treatments for trauma?
- How will I or other family members be involved in treatment?
- What are the goals of treatment?
- How long will treatment be needed?
- How will I know if my child is getting better?



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

ROADMAP TO TREATMENT  
FOR YOU AND YOUR CHILD



TF-CBT is a unique treatment that helps children and families overcome trauma and move on with their lives.



“My son was having a hard time after we got out of an abusive situation. With TF-CBT, his symptoms reduced dramatically and we learned how to talk to each other. We went from an unhappy, chaotic family to a calm, relaxed household. It changed our lives.”  
—Anonymous Parent

### TF-CBT ROADMAP

TF-CBT typically involves 12-16 sessions (including individual and joint sessions for parent and child) that lead the family on the road to recovery.



#### BUILDING SKILLS

- Learn about trauma
- Practice relaxation techniques
- Develop skills to manage thoughts, feelings, and behaviors
- Learn effective parenting strategies



#### TALKING ABOUT WHAT HAPPENED

- Discuss the details of the trauma in a safe and nurturing environment
- Use tools to manage feelings and trauma reminders
- Practice replacing negative thoughts with helpful ones



#### MOVING FORWARD

- Improve communication and interpersonal skills
- Develop a plan for personal safety
- Practice techniques to manage future stressors
- Assess progress and conclude treatment