

What is My Role as Caregiver?

Caregivers are the most important people in a child's life and are involved in every step of treatment.

Studies have shown that supportive Caregivers are vital in helping their children to heal.

Caregivers are asked to

- Participate in most therapy sessions
- Help their children to practice skills at home
- Support their children in the sharing and telling of their trauma



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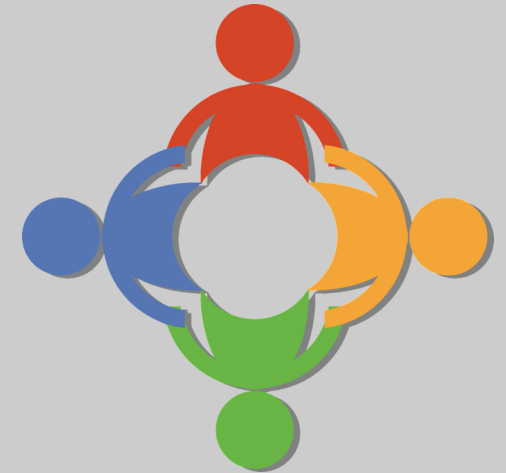


National Children's
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Trauma-Focused Cognitive Behavior Therapy (TF-CBT)



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What is Trauma?

Trauma can be any event that, when witnessed or experienced by a child or adolescent, is extremely distressing to them. These events are often in situations where the children feared for their lives or the lives of others. There are many different kinds of trauma including:

- Exposure to violence
- Loss of a significant loved one
- Natural disaster
- House fire
- Car accident
- Physical abuse
- Sexual abuse

What Are Some Reactions to Trauma?

Each person can react in different ways to a traumatic event based on many things, such as age when the trauma occurred, the severity of the trauma, and the amount of time that has passed since the trauma. Some possible symptoms/effects include :

- Difficulty sleeping or nightmares and/or not wanting to sleep alone
- Difficulty not thinking about the event
- Increased fear in both safe and risky situations
- Feelings of shame or guilt
- Difficulty concentrating
- Difficulty staying still
- Thoughts about death or dying
- Low self-esteem
- Mood swings
- Drop in grades/performance at school
- Irritability and problems with anger control
- Efforts to avoid talking about the event or doing things that remind the child about the event

What is TF-CBT?

TF-CBT is a research-based therapy shown to help children, teens, and their parents cope with trauma. It is normally provided to children between the ages of 3 and 18. Talking about the trauma is done in a gradual, supportive way and does not happen until the child has learned some skills to cope with the discomfort. TF-CBT helps families to manage feelings, talk about the trauma, and develop plans for feeling safe in the future. It includes the following:

- Education about trauma and its effects
- Help with parenting strategies for common behavior problems
- Training in relaxation/stress management
- Learning about feelings and ways to express them
- Finding and changing the thoughts about the trauma and self that can prevent healing
- Developing creative ways for children to gradually talk about what happened
- Engaging in joint sessions to help the child and caregiver(s) talk together about the trauma
- Learning and practicing safety skills

Our therapists are specially trained in TF-CBT, and we welcome your questions and concerns about your child's progress.

