

Trauma Focused Cognitive Behavioral Therapy

TF-CBT is an evidence-based treatment approach for children who have experienced sexual abuse, exposure to domestic violence, or similar traumas.

Who is TF-CBT for?

Children who have been abused or exposed to a life threatening or traumatic event between the ages of 3 and 18 who:

- Experience unhelpful beliefs about their trauma (including guilt, shame, fear they will be treated differently).
- Are acting out behaviorally or with sexual behaviors inappropriate for their age
- Experience symptoms of PTSD including constantly thinking about the trauma, avoiding reminders including refusing to talk about it, emotional numbing, irritability, difficulty sleeping, constant awareness of surroundings for danger, troubles concentrating, etc.
- Show a significant change in personality or increase in depression or anxiety
- For more information about TF-CBT and the Project BEST learning collaborative, please visit <http://academicdepartments.musc.edu/projectbest>.