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in TF-CBT

Trauma-Focused
Cognitive
Behavioral Therapy
(TF-CBT) for
Children in Foster
Care What is

Trauma-Focused
CBT for Children
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Dr. Joan Kaufman
on Trauma-
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(TF-CBT) What is
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Strategies for
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a Cognitive
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(CBT) Session
Looks Like 5 Signs
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What is Trauma-

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More

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~~Explaining the
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workbook has been
developed for use
with children ages
six to fourteen who

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Introduction. This workbook has been developed for use with children ages six to fourteen who have experienced one or more traumatic events.

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One of the most common methods of therapy to assist children who have experienced trauma, is TF-CBT (trauma-focused cognitive behavioural therapy). TF-CBT

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addresses the specific emotional and mental health needs of children, adolescents, adult survivors, and families who are struggling to overcome the destructive effects of childhood trauma.

Trauma Focused

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