



Trauma-Focused Cognitive Behavior Therapy (TF-CBT)

TF-CBT offers an assessment process to identify symptoms and severity of symptoms. It provides education on trauma and common reactions to traumatic events, safety planning, and enhancing future safety. Additionally, it offers support to empower parent(s)/caregivers throughout the treatment process. TF-CBT also provides a safe and private environment to process details of identified trauma while recognizing resiliency factors and building from those strengths. Finally, it includes environmental and behavioral modification strategies.

Call (734) 243-7340 to get started.

Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

What is expected of me?

- Participate in scheduled appointments and treatment planning
- Support each other in the treatment process
- Understand that progress takes time, is a commitment, and is a process

What to expect from the TF-CBT team?

- Schedule weekly visits
- Provide psychoeducation about trauma to youth and caregivers
- Teach coping strategies specific to trauma responses to youth and caregivers
- Prepare for celebration upon completion

Who is eligible?

- Youth ages 3-17 with verbal language ability
- Youth who have a history of abuse, neglect, witnessed domestic violence, or other adverse childhood experiences
- Youth whose symptoms are impairing daily functioning
- Families that are not receiving similar services from another agency

Talk With Us.

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