



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)ⁱ

The purpose of this document is to provide a brief overview of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) based on the information available in The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP) and The California Evidence-Based Clearinghouse for Child Welfare's (CEBC) database. The content presented in this brief was retrieved from SAMHSA's NREPP and the CEBC database. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit <http://www.nrepp.samhsa.gov/> and <http://www.cebc4cw.org/>.

What is it?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a psychosocial treatment model designed to treat posttraumatic stress and related emotional and behavioral problems in children and adolescents. Initially developed to address the psychological trauma associated with child sexual abuse, the model has been adapted for use with children who have a wide array of traumatic experiences, including domestic violence, traumatic loss, and the often multiple psychological traumas experienced by children prior to foster care placement. The treatment model is designed to be delivered by trained therapists who initially provide parallel individual sessions with children and their parents (or guardians), with conjoint parent-child sessions increasingly incorporated over the course of treatment. The acronym "PRACTICE" is used for the components of the treatment model, which are: **P**sychoeducation and parenting skills; **R**elaxation skills; **A**ffect expression and regulation skills; **C**ognitive coping skills and processing; **T**rauma narrative; **I**n vivo exposure (when needed); **C**onjoint parent-child sessions; and, **E**nhancing safety and future development. Although TF-CBT is generally delivered in 12-16 sessions of individual and parent-child therapy, it also may be provided in the context of a longer-term treatment process or in a group therapy format.

Who is it for? What presenting problems does it address?

Children/adolescents ages 3-18 years old with a known trauma history who are experiencing significant Post-Traumatic Stress Disorder (PTSD) symptoms, as well as other emotional and behavioral difficulties related to traumatic exposure.

What outcomes are addressed in the research?

1. Family/relationships
2. Mental health
3. Social functioning
4. Trauma/injuries

How much does it cost?*

*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Check with the implementation point of contact for current cost information and implementation requirements.



1. 10-hour, online introductory training: *Free*
2. 2- to 3-day, on-site full clinical training (introductory and advanced training): *Varies depending on site needs.*
3. TF-CBT brief practice checklist: *Free*
4. Consultation call twice a month for at least 6 months: *\$200-\$260 per hour*
5. Intervention manual -- Treating Trauma and Traumatic Grief in Children and Adolescents: *\$31 each*
6. Learning collaborative: *Varies depending on site needs.*

For additional information and resources on Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), visit:

- *SAMHSA's National Registry of Evidence-based Programs and Practices: Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)*
<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=135>
- *The California Evidence-Based Clearinghouse for Child Welfare: Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)*
<http://www.cebc4cw.org/program/trauma-focused-cognitive-behavioral-therapy/>
This webpage provides detailed information about Trauma-Focused Cognitive-Based Therapy, including its scientific rating on the CEBC's Scientific Rating Scale.
- *TF-CBT Web*
<http://tfcbt.musc.edu>
A web-based learning course for Trauma-Focused Cognitive-Behavioral Therapy from the Medical University of South Carolina (MUSC) National Crime Victims Research and Treatment Center

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ⁱ The California Evidence-Based Clearinghouse for Child Welfare. (2013). Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT). Retrieved on 23 September 2013 from <http://www.cebc4cw.org/program/trauma-focused-cognitive-behavioral-therapy/>; U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. (2013). Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT). *National Registry of Evidence-based Programs and Practices*. Retrieved on 23 September 2013 from <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=135>.