



Trauma-Focused CBT

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment approach that helps children, adolescents, and their caretakers address trauma-related issues. The treatment - based on learning and cognitive theories - provides a supportive environment in which children are encouraged to talk about their traumatic experience.

Trauma-Focused CBT is offered in an individual, family and/or group format, delivered over a period of 12-16 weeks. Each session lasts between 60-90 minutes.

Eligibility

Children or adolescents who are experiencing trauma-related emotional and/or behavioral issues are appropriate for this program. Our service area includes those who live in James City County, City of Poquoson, City of Williamsburg and York County.

**To schedule an appointment
call 757-253-4074**

Wellness, Support & Recovery Services



**Colonial
Behavioral Health**

Mission Statement

The mission of Colonial Behavioral Health, the local Community Services Board, is to facilitate opportunities for recovery, resiliency and wellness to individuals and families affected by mental illness, intellectual disabilities and substance use disorders. Through an array of strategies and collaborative partnerships with local and regional providers, CBH will demonstrate a commitment to quality assessment, prevention, treatment and habilitation through best practice methodology for the citizens of James City County, City of Poquoson, City of Williamsburg and York County.



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Williamsburg Office

921 Capitol Landing Road
Williamsburg, VA 23185
Phone: 757-253-4074

Grafton Office

3804 George Washington Hwy.
Yorktown, VA 23692
Phone: 757-898-7926

24-hour Behavioral Health Crisis
Phone: 757-220-3200

www.ColonialBehavioralHealth.org

*Serving James City County, City of Poquoson,
City of Williamsburg and York County*



Trauma-Focused CBT



Effectiveness

Studies reveal that more than 80% of children show marked improvement in symptoms within 12-16 sessions. Children typically:

- Experience fewer intrusive thoughts and avoidance behaviors
- Cope with reminders and associated emotions
- Show reductions in depression, anxiety, disassociation, behavior problems, sexualized behavior and trauma-related shame
- Demonstrate improved interpersonal trust and social competence
- Improve personal safety skills
- Become better prepared to cope with future trauma reminders

(Cohen et al., 2004)

Program Components

Components of the TF-CBT protocol can be summarized by the word PRACTICE:

Psychoeducation & parenting skills: training for parents in child behavior management and communication

Relaxation techniques: teaching relaxation methods, such as focused breathing, progressive muscle relaxation & thought stopping

Affective expression and regulation: helping child and parent manage emotional reactions to reminders of abuse, improve ability to express emotions

Cognitive coping and processing: exploring and correction of inaccurate beliefs about the cause, responsibility & results of the trauma

Trauma narrative: gradual exposure exercises, including verbal, written, or symbolic recounting of abusive events

In vivo exposure: gradual exposure to nonthreatening trauma reminders (i.e. basement, darkness, school), to learn to control emotional reactions

Conjoint parent/child sessions: family work to enhance communication and create opportunities for therapeutic discussion regarding the abuse

Enhance personal safety and future growth: education and training on safety skills, interpersonal relationships, and healthy sexuality; encouragement in the use of new skills in managing future stressors and trauma reminders

Staff

All services are provided to you and your family by our Trauma-Focused CBT trained professional staff. Colonial Behavioral Health programs are licensed by the Virginia Department of Behavioral Health and Developmental Services. Clients and their families are encouraged to participate in service planning and decisions about their care. All services are confidential.

Fees

Services are provided on a fee for service basis. Most insurance plans and HMOs are accepted, including Medicaid. Persons without insurance coverage are charged according to ability to pay, based on income and dependents. No one will be denied services because they are unable to pay.