

## What is Trauma-Focused Cognitive-Behavioural Therapy (TF-CBT)?

TF-CBT is an evidence-based model for working with people who have experienced significant difficulties related to **traumatic life events**.

The **goals** of therapy are:

- ❖ To learn effective coping skills.
- ❖ To face the problems in a safe way.
- ❖ To process the traumatic experiences to move on with your life in a positive way.

TF-CBT is comprised of different **treatment components** (PRACTICE) each teaching a set of techniques. The therapy sessions are flexible and the therapist works through the components in a way that works best for the person.

**P** Psychoeducation – education about trauma and the treatment.  
Parenting Skills – guidance about how to support children through the process.

**R** Relaxation – learn to manage the symptoms of fear and anxiety and learn.

**A** Affective Identification & Regulation – learning how to express and regulate emotions.

**C** Cognitive Coping – learn the connection between thoughts, feelings and behaviour and generate thoughts that are accurate and helpful.

**T** Trauma Narration & Processing – narrating the traumatic events with the goal of managing difficult feelings and processing it in a helpful way.

**I** In-Vivo Mastery – activities to help overcome any trauma-related fears.

**C** Conjoint Parent-Child Sessions – sharing the trauma narrative with a parent or caregiver.

**E** Enhancing Safety and Future Development – preparing for the end of treatment ways to enhance safety and confidence.