

# What is Trauma?

- Trauma is a frightening, dangerous, or violent event that often results in lasting mental or physical effects. Some examples include injury, sudden death, community violence, or abuse.
- Common symptoms of **traumatic stress** in children include anxiety, excessive sadness, anger, or worry, difficulty sleeping, loss of interest in activities, and behavioral issues.

## Support for TF-CBT

CHDI serves as **Connecticut's TF-CBT Coordinating Center**, which supports implementation and training, data collection, and quality improvement.

This initiative is jointly supported by the **Connecticut Department of Children and Families** and the **Connecticut Judicial Branch Support Services Division**.



## Learn More About TF-CBT and Opportunities for Providers



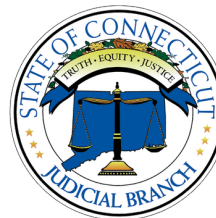
Scan the QR code below or learn more at [chdi.org/tf-cbt](https://chdi.org/tf-cbt)



Find a provider at [ebp.dcf.ct.gov/ebpsearch](https://ebp.dcf.ct.gov/ebpsearch)



**Interested providers:**  
Contact **Allison Valenti, LMFT**  
• [avalenti@chdi.org](mailto:avalenti@chdi.org)



## *Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):*

# Effective Treatment for Children Exposed to Trauma



## Information for providers, parents, and caregivers



Child Health and  
Development Institute



**CONNECTICUT**  
Children & Families

# What is TF-CBT?

TF-CBT is the most widely researched treatment model for children and adolescents recovering from trauma.

- **Short-term treatment** for youth **ages 3-18**
- Teaches children to **manage thoughts, feelings, and behaviors** with the support of a parent, caregiver, or caring adult



# Our Results

- **12,800+ children in Connecticut** have received TF-CBT
- **83.90% of children** who received TF-CBT **showed symptom improvement**
- **Over 1,000 clinicians and staff** trained in TF-CBT across **70+ community mental health providers**

# Benefits

- **Facilitates recovery** from upsetting thoughts, feelings, and **behaviors associated with trauma exposure**
- **Helps children feel more in control of their lives** and return to things they enjoy
- **Improves communication, trust, and collaborative problem-solving** with parents and caregivers

