

What is TF-CBT?

WHAT'S WRONG?



Trauma

Focused

Cognitive

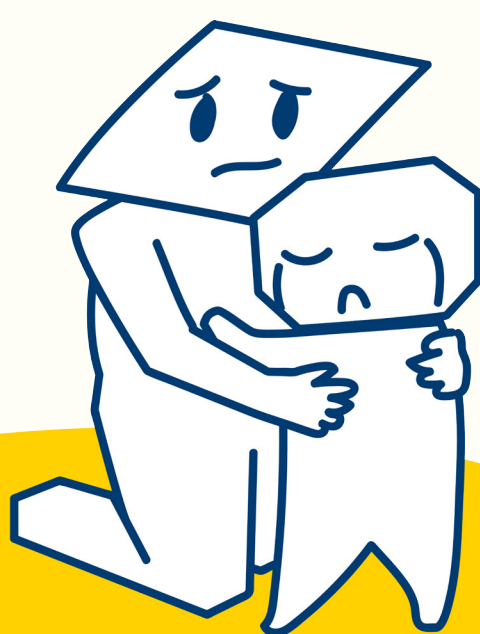
Behavioral

Therapy

TF-CBT

A model that helps parents/caregivers and their children address trauma-related and other symptoms.

- ✓ Evidence-based treatment
- ✓ Involves skill building



TF-CBT for DHH youth and their families

A trauma-focused approach adapted for DHH youth, fostering connection, self-advocacy, and family engagement in therapy.

Trauma

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An evidence-based trauma treatment for DHH youth and their parents or caregivers.

Focuses on adapting TF-CBT for DHH clients, including those who have experienced complex trauma.

Ensures accurate assessment of whether TF-CBT is appropriate for the client.

Supports readiness and engagement by building a strong connection between the therapist, youth, and family.

Promotes autonomy and self-advocacy, empowering DHH youth to feel safe, emotionally supported, and actively involved in their therapy sessions.

#DeafMentalHealth

For more information on this topic,
visit <https://gu.live/dhhcrc>



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