

How does TF-CBT help?



How TF-CBT Supports Children Aged 3–18 Years



Reduce negative emotional and behavioral responses to trauma

Develop coping skills for everyday stress and traumatic reminders

Increase awareness of personal safety

Correct unhelpful beliefs and thoughts related to traumatic experiences

Build interpersonal trust and social confidence

Learn to manage future trauma triggers

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How TF-CBT Supports Parents and Caregivers

Learn Key Skills

Positive Parenting

Relaxation Techniques

Stress Management

Effective Communication

Behavioral Management



Improves personal well-being and reduces distress



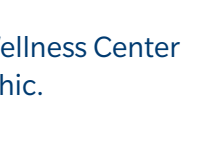
Enhances parenting skills for better care



Strengthens supportive interactions with their child

#DeafMentalHealth

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



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