

# What is TF-CBT

## PRACTICE

### TRAUMA



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### Psychoeducation/ Parenting

Children and caregivers learn about trauma, common reactions, and the benefits of treatment.

Caregivers also gain effective strategies for managing behavioral challenges.

## PRACTICE

### Relaxation

Involves teaching people how to control bodily sensations through exercises.

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#### HOW ARE YOU FEELING?

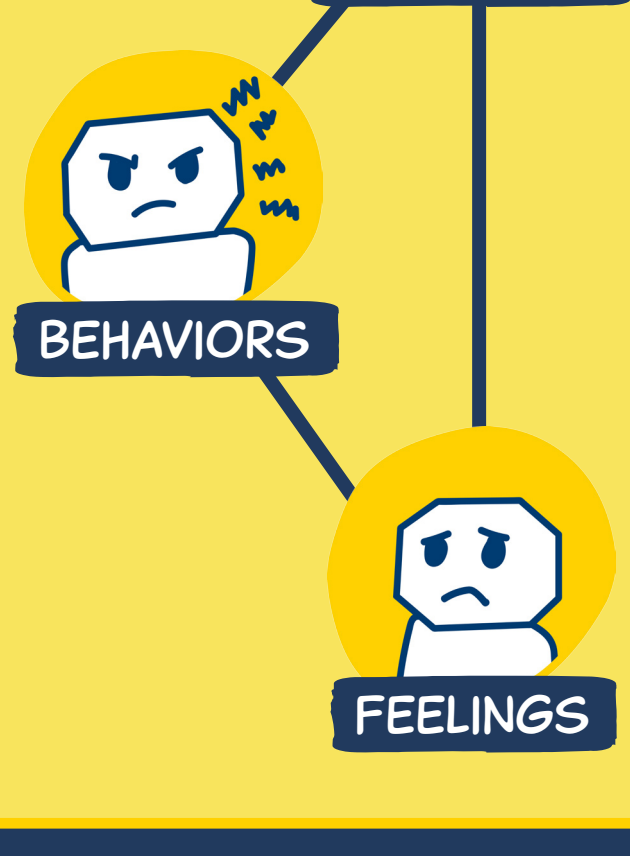


### Affective Regulation

Helps children and caregivers develop the skills to identify, process, express, and regulate emotions, especially negative ones. Also fosters an understanding of healthy versus maladaptive emotional expression.

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#### Cognitive Triangle



### Cognitive Coping

Learn to identify and reframe thoughts about traumatic events that cause distressing emotions and behaviors, replacing them with healthier thoughts to improve overall functioning.

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### Trauma Narrative & Cognitive Processing

The child shares their trauma story in various formats to help reduce negative emotions associated with the experience.

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### Conjoint Parent-Child Sessions

Promotes positive, healthy communication and relationships between caregivers and children about their trauma.

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### Enhancing Safety and Celebration

Explore and identify with the child's sense of safety for their future. General and personal safety skills are taught and reviewed.

#DeafMentalHealth

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



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