



Treatment Information Disclaimer

The trauma-focused cognitive behavioral therapy model is an evidence-based therapy model that integrates trauma sensitive interventions with cognitive behavioral strategies. The model has been researched in several randomized clinical trials and demonstrated superior efficacy in reducing traumatized children’s emotional and behavioral problems. The model is sequential and builds on the previous learned skills. During treatment, children talk, and sometimes write, about their experiences (often referred to as the “trauma narrative”), which is based on years of research on exposure therapy. The trauma narrative process is therapeutic and is not forensic in nature. Rather than eliciting forensic details, this process is designed to elicit thoughts, feelings, and sensations related to the traumatic experience. Although details related to the event do emerge, the focus of the narrative is not on fact-finding or on clarifying details. Instead, it is intended to allow the child to process the traumatic event(s), to address any distorted thoughts, and, ultimately, to reduce related distress. The trauma narrative is often shared with a supportive caregiver to model effective coping and open communication, to provide an opportunity to correct any lingering distortions, and to enhance the caregivers’ support for the child. Again, this process is intended to help the child and is not forensic in nature.