



# No-Fee, Confidential, Trauma Counseling for Children and Adolescents Impacted by Domestic Abuse, Sexual Assault and/or Interpersonal Violence

**Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)** is an evidence based therapeutic program for children and adolescents aged 3-18. TF-CBT provides children and their caregivers the opportunity to discuss and learn how to cope with the impact domestic abuse, sexual assault, and/or interpersonal violence has had on their lives. TF-CBT is typically completed within 12-16 weeks and includes individual sessions for both the caregivers and children, as well as joint sessions.

## Outcomes of TF-CBT

- Increase healthy coping strategies
- Processing and neutralizing trauma in order to decrease trauma symptoms, including emotional difficulties and challenging behaviors

## Topics Covered

- Age appropriate psychoeducation
- Relaxation and emotional regulation skills
- The connection between emotions, thoughts, and behaviors
- Personal safety planning
- Identifying future hopes and dreams

*Please contact our 24/7 hotline at 908.453.4181 for more information and to schedule an intake today.*

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