

## Some Common Reactions to Childhood Trauma

- Inability or unwillingness to recall traumatic events
- Sleeping routine is disturbed
- Rapid changes in mood
- Emotional and/or physical numbing
- Difficulty concentrating/staying still
- Substance abuse
- Aggression or “acting out”
- Depression / anxiety
- Eating disorders
- Sexualized behaviors
- Low self-esteem
- Inability to trust others
- Desire to hurt oneself

These symptoms or behaviors, if left untreated, prevent a child from living a fully healthy lifestyle and moving to their full potential.



## To request services

Traumatic stress counseling services are provided by experienced professional registered/licensed counselors and social workers.

To find out more about our services or to speak with a trained professional counselor, please call weekdays at The CHRIS Counseling Center.

For more information about TF-CBT and other trauma resources, please visit our website at [www.chriskids.org](http://www.chriskids.org).

### Hours of Operation

<b>Monday</b>	<b>8:30 a.m. until 8:00 p.m.</b>
<b>Tuesday</b>	<b>8:30 a.m. until 8:00 p.m.</b>
<b>Wednesday</b>	<b>8:30 a.m. until 8:00 p.m.</b>
<b>Thursday</b>	<b>8:30 a.m. until 8:00 p.m.</b>
<b>Friday</b>	<b>8:30 a.m. until 4:00 p.m.</b>
<b>Saturday</b>	<b>Appointment only</b>

**24 hour crisis line**

**(678) 665-2717**

Accepts Medicaid, Wellcare, Megellan, Cenpatico, Cigna, TriCare, Blue Cross Blue Shield, Aetna

Our list of insurance providers frequently changes. Please inquire when you book your appointment.

CHRIS Counseling Center is accredited by COA, the Council on Accreditation for Children and Family Services.

### **CHRIS Counseling Center**

1017 Fayetteville Road, Suite A  
Atlanta, GA 30329

Phone: 404-324-4190

Fax: 404-324-4191

[www.chriskids.org](http://www.chriskids.org)



CHRIS Kids Family of Services

**Behavioral Health**



# CHRIS KIDS

## CHRIS Counseling Center

### **Trauma Interventions**

#### **Trauma Focused - Cognitive Behavioral Therapy TF-CBT**

An evidence-based intervention to help families heal, one step at a time.



## What is TF-CBT?

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TF-CBT (*Trauma Focused Cognitive Behavioral Therapy*) is a clinic-based, short-term (as few as 12 sessions) treatment that can help children and their caregivers cope with the negative impact of traumatic events such as, but not limited to:

- witnessing domestic violence
- sexual / physical / emotional abuse
- loss of a family member
- war or terrorism
- natural disasters



TF-CBT works best with children ages 6 to 18 who have emotional or behavioral problems related to the trauma.

TF-CBT can help your child feel less anxious, more confident and trusting, and to learn how thoughts, feelings, and behaviors are interconnected.

This allows your child or youth to learn new ways to cope with difficulties and helps you as the caregiver to support them in the process.

## What Will My Child Learn?

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There are several important skills that TFCBT focuses on to help those being treated:

- Learning that the trauma was not their fault and that they are not alone
- Identifying feelings, where those feelings came from, and how to manage them
- Finding ways to relax and cope with traumatic memories
- Learning to talk about the trauma and creating a trauma narrative without being re-traumatized
- Identifying unhelpful or inaccurate thoughts that can cause depression and anxiety
- Learning to replace unhelpful or inaccurate thoughts with helpful or accurate ones
- Learning to solve problems in a healthy way
- Learning safety skills
- Learning effective coping skills

Your child will also learn to gradually expose him/herself to situations that cause anxiety, to teach them to accept that fears are often exaggerated. They do this first by thinking and planning to do that activity, and then eventually by doing it for a short time. The length of time is gradually increased as s/he feels more comfortable.



## What Can I Expect?

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The therapist will want to meet with you and the child regularly. Treatment will last approximately 12 to 20 sessions. You and your therapist will create a schedule that works best for your family.



Sessions will generally be split between the caregiver and the child. Studies show that parent/caregiver participation is a key factor in helping your child heal from trauma while helping you to learn new skills, including:

- Managing your own feelings about the traumatic experience
- Managing your child's behavior
- Improving communication
- In some cases, assisting you in processing how your own trauma has impacted or may impact your child

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