
TF-CBT Test Study Guide

What is TF-CBT? - ✓✓An evidence-based, conjoint child and parent/caregiver psychotherapy model for children and adolescents who are experiencing clinically significant emotional and behavioral difficulties related to traumatic life events they have experienced.

How long is the treatment? - ✓✓Relatively brief (typically 12-20 sessions)

What modalities is it based off of? - ✓✓Cognitive, family therapy, behavior, and humanistic principles.

What are the 3 general goals? - ✓✓To enable children + their supportive caregivers,

1) to learn effective skills to cope with trauma-related emotional and behavioral problems

2) to face and resolve those problems in a safe and therapeutic way

3) to effectively integrate their trauma experiences and help them move on with their lives in a safe and positive manner.

What specific emotional issues related to adverse experiences is it designed to treat? - ✓✓Fear, shame, embarrassment, guilt, and self-blame. TF-CBT also improves caregiver support of the child, parenting skills, and parent-child communication.

Tso Cbt Test Study Guide

Léo Pomar



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