



What is TF-CBT?

Trauma-Focused Cognitive Behavior Therapy (TF -CBT) is an evidence-based treatment created for children and youth (ages 3-18) who have experienced traumatic life events such as sexual or physical abuse, traumatic loss of a loved one, domestic, school or community violence, witnessing natural disasters, terrorism or war, and/or neglect. Children and caregivers learn new skills to process these traumatic events, control unwanted feelings, and enhance safety and communication.



Parent Counseling Guide

📍 1670 E. Main St., Easley SC

🌐 pcadvocacy.org

✉ jhemphill@pcadvocacy.org

About Us

Our vision is a safe and supportive community for all individuals.

Our mission is to end sexual violence in Pickens County through prevention, advocacy, collaboration, and survivor support services.



What To Expect with TF-CBT

- Children and parents or caregivers attend weekly sessions for an average of 12 – 18 sessions.
- A caregiver component is an integral part of TF -CBT and includes parenting strategies to help the child and family unit cope with the trauma.
- Treatment includes symptom relief, coping skills, and personal safety, as well as assists children in talking about the trauma.
- Joint caregiver/child sessions practice skills, provide additional knowledge, and enhance positive outcomes.

“When you work **collaboratively** with your child’s therapist, you will see more progress and feel more **empowered** in ways to support your child. You will drive therapy home.”

Kelly Jean Tucker, MA, LPCA



TF-CBT Parent Agreement

I agree to be an active participant in my child’s therapy. This includes:

- Attending sessions weekly, with my child, per treatment plan
- Participating in session check-ins
- Working toward enhancing closeness, warmth, and support with my child
- Identifying my own triggers and traumas
- Supporting and encouraging my child’s use of skills at home
- Applying positive parenting skills
- Establishing special play time/one-on-one time routine(s)
- Identifying specific concerns and problem behaviors for therapy discussion
- Engaging with concepts presented in therapy, even when I disagree with them
- Participating in “homework” assigned by the therapist

Parent Signature

Date

Therapist Signature

Date