



## Trauma Focused Cognitive Behavioral Therapy

TF-CBT is an individual and family counseling model to help children with a history of abuse or trauma. A counselor will meet with your child individually each week and then include you in parent sessions throughout the therapy. The counselor will work with your child to identify feelings, healthy coping strategies and identify and process the individualized impact of trauma.

For the parent/caregiver sessions the counselor can meet with you individually and/or with your child to ensure that you are part of the healing process as well and learn strategies to best support your child.

***“My daughter has improved leaps and bounds. She is not as shy and withdrawn and her self-esteem is incredible now. She seems to be recovering very well!”***

For additional information, please contact Sarah Johnston,  
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[www.familynurture.org](http://www.familynurture.org)

