

What is TF-CBT?

Trauma-focused cognitive behavioural therapy (TF-CBT) is a treatment for children and adolescents who have experienced difficult or frightening events that have affected their everyday lives.



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A. Irgens



What is trauma?

Numerous children and adolescents have experienced one or more situations that have been so difficult and frightening that they continue to think about what happened even if they do not want to.

We sometimes refer to situations like these as traumatic events. These could include events such as violence, sexual assault, bullying or car accidents. It could also be something frightening that happened online or on social media. Many children and adolescents have not told any adults about what they experienced either because it is difficult to talk about or because they feel guilty or ashamed.

There are therapists throughout the country who have been trained in helping children and adolescents who have had traumatic experiences. To ensure that those who need it get help, the therapists routinely ask whether the children and adolescents they meet have experienced anything frightening or difficult.

Common reactions after traumatic events (post-traumatic stress):

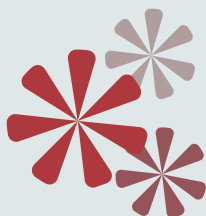
- You are unable to stop thinking about what you experienced.
- You try not to talk or think about what happened or avoid things that might remind you of it.
- You have many painful feelings relating to what happened, such as fear, anger and sadness.
- You no longer want to do the things you used to do.
- You feel guilty or ashamed about what happened.
- You sleep badly and feel uneasy.
- You have difficulty concentrating.

Common reactions to traumatic events

It is common to feel overwhelmed, scared for your life, helpless or terrified during a traumatic event. Some people find that they behave, think or feel differently afterwards. It is not unusual to feel extremely stressed, sleep badly, feel irritable and to experience feelings of guilt or shame. Sometimes it can affect school work or relationships with friends or family (please refer to the information box concerning common reactions following a traumatic event). These are normal reactions to abnormal events.

Many people find that these reactions pass on their own, but this is not the case for everyone. When the reactions do not pass on their own and last for a long time after the traumatic event has passed, we call it post-traumatic stress disorder (PTSD).

If you want to learn more, you and your family can read about TF-CBT here: www.tfcbt.no



How to get help

The aim of TF-CBT is to help children and adolescents who have experienced one or more traumatic events and who suffer from post-traumatic stress to feel better. You and your therapist will talk about what has happened and how you can understand and think about it.

You will also try to relax your body and identify positive ways in which to think and feel, as well as good strategies and activities to help you manage your trauma reactions. Many children and adolescents have said that TF-CBT has helped them feel better.

There are therapists throughout Norway that use TF-CBT and you will be able to speak with a therapist close to where you live.



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**NASJONALT KUNNSKAPSSENTER
OM VOLD OG TRAUMATISK STRESS**