

## What is my role as caregiver?

Caregivers are the most important people in a child's life, and are involved in every step of trauma.

Studies have shown that supportive caregivers are vital in helping their children heal.

## Caregivers are asked to:

1. Participate in most therapy sessions,
2. Help their children to practice skills at home, and
3. Support their children in the sharing and telling of their trauma.



## PTSD (Post Traumatic Stress Disorder)

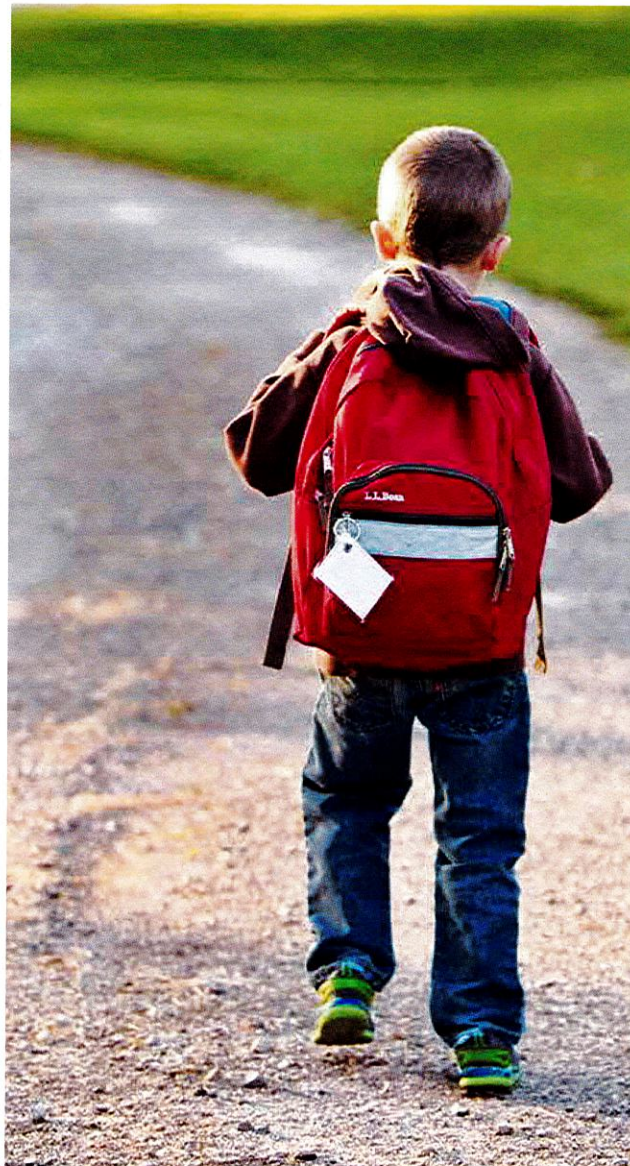
What does it mean?

Post =  
After

Traumatic =  
Really scary, life & death experience

Stress =  
My body's alarm system

Disorder =  
Gets in the way of my life



## Trauma Therapy TF-CBT & EMDR



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### What is trauma?

Trauma can be any event that, when witnessed or experienced by a person, is extremely distressing to them. These events are often in situations where the person feared for their life or lives of others. Different kinds of trauma include:

- Exposure to violence
- Loss of a significant loved one
- Natural disaster or house fire
- Car accident
- Physical and/or Sexual abuse



### What are some reactions to trauma?

Each person can react differently to trauma based on many things, such as age, when the trauma occurred, and severity of the trauma.

Possible Symptoms/Effects Include:

- Difficulty sleeping, nightmares, or not wanting to sleep alone
- Difficulty not thinking about the event
- Increased fear in all situations
- Feelings of shame or guilt
- Difficulty concentrating and staying still
- Thoughts about death and dying
- Low self-esteem
- Mood swings
- Drop in grades/performance at school
- Issues with anger control
- Efforts to avoid talking about event or being reminded of event.

### What is Eye Movement Desensitization & Reprocessing (EMDR)?

EMDR is an evidence-based therapy shown to help individuals and parents cope with trauma. Talking or thinking about the trauma occurs while the individual is moving his or her eyes side-to-side, or using vibrations or tapping.

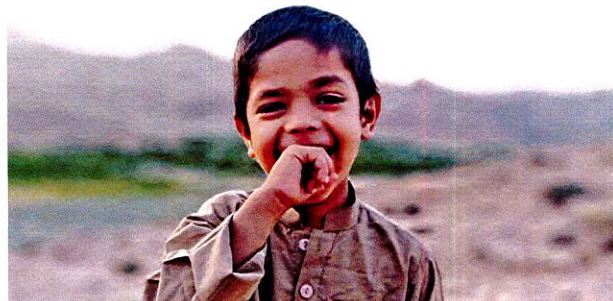
Desensitization and reprocessing of the traumatic event occurs during this process, and assists in changing one's reaction to the past traumatic experience

#### Desensitization:

Lessening a person's emotional reaction to a trauma after being exposed to it multiple times.

#### Reprocessing:

Thinking about or processing an event, situation, or trauma in a different way so that the trauma's bad memories no longer negatively affect a person's life.



### What is Trauma Focused Cognitive Behavior Therapy (TF-CBT)?

TF-CBT is an evidence-based therapy shown to help children, teens, and their parents cope with trauma. It is normally provided to children between the ages of 3 and 18.

Talking about trauma is done in a gradual, supportive way and does not happen until the child has learned skills to cope with the discomfort. TF-CBT helps families to manage feelings, talk about the trauma, and develop plans for feeling safe in the future.

It includes the following:

- Education about trauma and its effects
- Help with parenting strategies for common behavior problems
- Training in relaxation/stress management
- Finding and changing the thoughts about the trauma and self that can prevent healing
- Developing creative ways for children to gradually talk about what happened
- Engaging in joint sessions to help the child and caregiver(s) talk together about the trauma
- Learning and practicing safety skills

Our therapists are specially trained in TF-CBT & EMDR, and we welcome your questions and concerns about your child's progress.