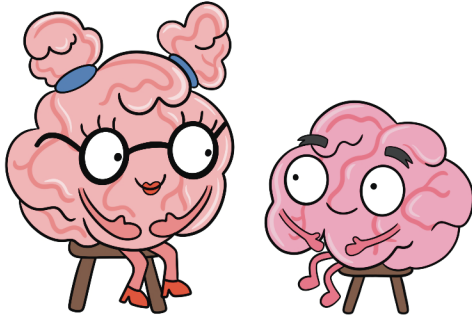
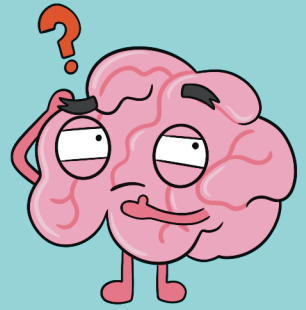


What is trauma-focused CBT: a guide for young people

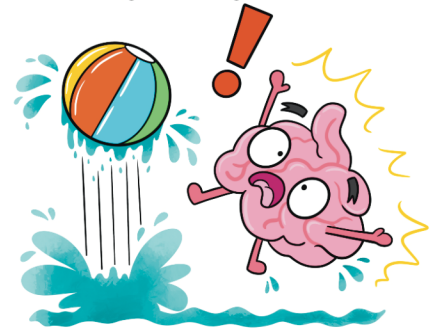
This leaflet gives you more information about a type of therapy called trauma-focused cognitive behavioural therapy (tf-CBT). Tf-CBT aims to help you to process difficult experiences, feel more in control of your memories, and to prevent them from affecting what you do or how you feel in your everyday life. If you have any questions or feel unsure about what you read here, please talk to your caregiver, therapist, or another trusted adult.



Why am I being offered this therapy?

Based on conversations you have had with a mental health professional, they think it might be helpful if you try tf-CBT. This therapy has been used with hundreds of thousands of children and teens all over the world, and we know it can work really well to help young people that might be struggling with thoughts, memories, and feelings about very difficult or frightening experiences.

It is a particularly helpful therapy if you're struggling with memories and nightmares of what you've been through that make you feel very unsafe. You might try hard to avoid these memories because of how they make you feel. It is completely understandable that you might want to push these out of your brain and try not to talk and think about them. But sometimes this just makes the memories come back more – like trying to push a beachball under water. The more you push, the faster it pops up!

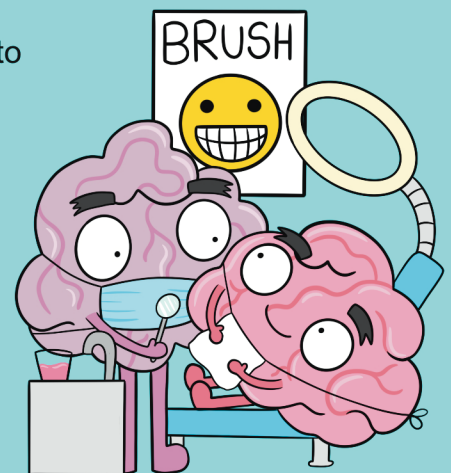


What happens in trauma focused CBT?

Tf-CBT provides a safe space for you to talk about what you've been through and your thoughts and feelings. You'll learn ways to help process your thoughts, feelings and memories, so that you have more control. Talking about very personal, and often very frightening experiences, can be hard. You will be able to do this in your own time – you have control over the process.

Going to therapy is a bit like going to the dentist. You might not always want to go. Sometimes you'll go and leave feeling much better. Sometimes it can be hard and even painful. But if you've got sore teeth and don't go, it can just lead to bigger problems for your dental health. The same is true for going to therapy for your mental health.

Most of the time when you have tf-CBT it will just be you and your therapist, but sometimes your caregiver might join you (only if it's okay with you). Sometimes this therapy can be offered in a group with other young people who might have had similar experiences. Your therapist is there to help, and they want to know what does and doesn't work for you. If you have any questions or worries before or during your therapy, please do talk to them about these.



Is there any more info out there?

Yes! There are some really useful videos made with the help of young people who have also gone through difficult experiences. Here you can find out more about this therapy (trauma-focused CBT), and about trauma in general.



Scan here
to watch
the videos

