ADDRESSING POST-TRAUMATIC STRESS DISORDER IN CHILDREN AND ADULTS

Traumatic events can disrupt one’s worldview, actions, and beliefs. Specialized trauma-focused therapy can help children and adults who have experienced a traumatic event process its impact and identify pathways for recovery.

Traumatic events may include experiencing or witnessing:
- Community violence
- Domestic violence or assault
- Medical trauma
- Natural disasters
- Physical abuse
- Sexual abuse
- Violent crimes or death

Without treatment, post-traumatic stress can manifest as:
- Aggression at home, in school, or at work
- Anxiety or depression
- Defiance towards others
- Hypervigilance
- Intrusive thoughts
- Negative beliefs and self-doubt
- Nightmares or flashbacks
- Self-blame

The New York Foundling
Since our bold beginnings in 1869, The New York Foundling has supported hundreds of thousands of our neighbors on their own paths to stability, strength, and independence. With an internationally-recognized and interrelated set of research-backed services, The Foundling works in partnership with children, adults, and families in New York and in Puerto Rico who are working to create transformational change in their own lives.

The New York Foundling’s Home of Integrated Behavioral Health
109 E 115th Street
New York, NY 10029

The clinic is open Monday to Friday.
Make an appointment by phone or email:
Phone: 917-485-7280
MHCappointments@nyfoundling.org
www.nyfoundling.org

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OUR TRAUMA-FOCUSED SERVICES

The New York Foundling’s Home for Integrated Behavioral Health uses two models of therapy:

- **Cognitive Processing Therapy**: for older adolescents and adults, ages 16 and above
- **Trauma-Focused Cognitive Behavioral Therapy**: for children ages 5-17

Both treatment models are short-term (12-16 weeks) and have proven to relieve symptoms of Post-Traumatic Stress Disorder in just a few weeks of participation.

The clinic accepts referrals from school counselors, court services, foster care and social service agencies, community organizations, and is open to families that contact us directly for an appointment.

COGNITIVE PROCESSING THERAPY

Cognitive Processing Therapy is designed for older adolescents and adults ages 16 and above. Over 12 weekly one-on-one sessions with a Foundling therapist, the participant will identify how traumatic experiences impact their thoughts and interactions. Together, they will work to improve unhelpful thoughts and feelings and address any barriers that may get in the way of recovery.

Participants commit to consistently remain engaged in the therapeutic process - in and out of session - to achieve and maintain results.

THE NEW YORK FOUNDLING IS HERE TO HELP

Our trauma-focused therapy programs are open to young people under the age of 21, as well as any older adults that are currently involved in The Foundling’s programs.

We accept Medicaid and other health insurances, and can partner with those without insurance to make these services affordable.

TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY

This model is sensitive to the needs of young people, and involves the family as partners in their child’s treatment. The program consists of weekly sessions with a Foundling therapist, the child, and their parent or caregiver. 45 minutes of each session are spent working with the child and the last 15 minutes involve their primary caregiver.

Over 4-5 months, the child will move at their own pace to work through resolving their trauma. Caregivers will be given exercises to practice at home with the child, ensuring that progress is continually made toward recovery.

Over 80% of participants experience significant improvement in Post Traumatic Stress Disorder symptoms and social skills during the course of their therapy.

Participant Testimony

“I can’t believe the difference I see in myself—how much I’ve changed and improved in such a short time with CPT. I blamed myself for what happened to me, and I don’t anymore.”