



Trauma-Focused Therapy

at The Foundling's
Home of Integrated Behavioral Health

Treatment models proven to help children
and their families process trauma

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based psychotherapy approach for young people who are experiencing significant emotional and behavioral difficulties related to traumatic life events.

Each week, children and caregivers meet together with a Foundling therapist, where they work to learn new skills, process thoughts and feelings, and enhance growth. Children are taught coping methods, relaxation techniques, and expression skills, while caregivers receive support in how to cope with distressing behaviors and bolster family communication and support.

ELIGIBILITY

- Children 5-17 years old who have experienced traumatic life events and are experiencing emotional problems, behavioral difficulties, or symptoms of PTSD, fear, anxiety, or depression as a result
- Children and caregivers must be able to commit to weekly in-person sessions (treatment typically lasts 5-6 months)

BENEFITS

- Children will reduce negative responses and behavior related to trauma, and correct unhelpful beliefs spurred by their experiences
- Caregivers will cope effectively with emotional distress, and will learn skills to best support their children

Cognitive Processing Therapy (CPT) is an evidence-based individual therapy model for teenagers and adults experiencing symptoms of Post-Traumatic Stress Disorder (PTSD.)

The CPT model encourages participants to identify how their trauma influences their thoughts, beliefs, feelings, and behaviors. It allows participants to explore matters of trust, safety, power, esteem, and intimacy that may be impacted by their past trauma.

ELIGIBILITY

- Young people 17-21 years old who have experienced traumatic life events and are experiencing emotional problems, behavioral difficulties, or symptoms of PTSD, fear, anxiety, or depression as a result
- Adults 21+ years old who are guardians or siblings of young people enrolled in another HIBH program
- Must be able to commit to weekly in-person sessions (treatment typically lasts 3-4 months)



CONTACT US TO LEARN MORE:

MHCappointments@nyfoundling.org
917-485-7280
109 E 115th St, New York, NY 10029