

## **Trauma-Focused Cognitive Behavioral Therapy (Comprehensive Service)**

**Location:** Home Based

**Client:** Family

**Duration:** Moderate – six month referral with option for extension

**Payer:** DCS

### **Summary:**

This service has been recommended because a youth has been indicated as exhibiting symptoms related to trauma, and the non-offending caregiver is able to participate in services.

This program offers treatment of youth ages 3-18 who have experienced trauma. The treatment includes child-parent sessions, uses psycho education, parenting skills, stress management, cognitive coping, etc. to enhance future safety. Treatment assists the family in working through trauma in order to prevent future behaviors related to trauma, and a non-offending adult caregiver must be available to participate in services.

TF-CBT Tier 1: 8 Hours of Direct service per week, with or on behalf of the family provided by a Therapist with some support services provided by a Bachelors/Paraprofessional.

TF-CBT Tier 2: 8 Hours of Direct service per week, with or on behalf of the family provided by a Bachelors level case manager, at least 1 hour of therapy a week provided by a Masters level therapist and some support services provided by a Paraprofessional.

TF-CBT Tier 4: 5 Hours of Direct service per week, with or on behalf of the family provided by a Bachelors level case manager, at least 1 hour of therapy a week provided by a Masters level therapist and some support services provided by a Paraprofessional.