



## Trauma Focused CBT

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Trauma focused CBT stands for “Trauma focused cognitive behavioral therapy”. It is a psychological therapy that can help people who are experiencing post-traumatic stress (PTSD) symptoms.

Trauma in this sense means very frightening things that have happened to the person, such as a serious accident, or having been abused or neglected. Post-traumatic symptoms can include intrusive and vivid memories of the frightening time (“flashbacks”), nightmares, and avoiding reminders of the frightening time.

Our brain stores trauma memories differently to normal everyday memories. Trauma memories can be quite jumbled and pop into our minds making us feel terror or panic when we don’t want to. Trauma focused CBT involves working with a therapist to help these trauma memories become more organized. It involves talking to a therapist about your memories and thoughts so that the feelings of terror can be more in the past than the present. It can also be a very practical therapy and help you manage post-traumatic symptoms in the moment.

The number of sessions varies, but is usually between 8 and 20 sessions. Some young people like to see the therapist by themselves, and some young people prefer their parents or carers to come with them.