

# The Child and Family Traumatic Stress Intervention (CFTSI) An Effective Treatment for Children

## What therapists need to know about CFTSI

The Child and Family Traumatic Stress Intervention (CFTSI) is a brief (5-8 session) evidence-based mental health treatment that is the only treatment model specifically developed for implementation with children soon after a recent traumatic event or after a recent disclosure of physical or sexual abuse in a forensic interview, typically conducted in a Children's Advocacy Center or a similar investigative body.



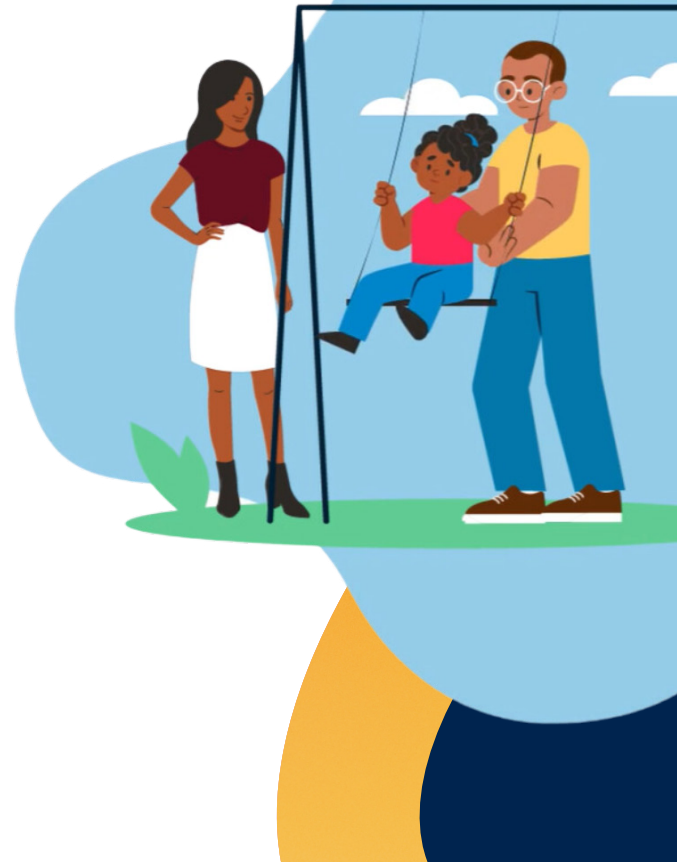
Here are some facts every therapist needs to know about CFTSI and how they can utilize it to help kids and families heal and recover:

### ✓ CFTSI has been proven to reduce trauma symptoms and reduce or interrupt PTSD

CFTSI is completed in 5 to 8 psychotherapy sessions, and has been proven to effectively reduce children's trauma symptoms, and reduce or interrupt PTSD and related disorders.

### ✓ Rooted in a family-strengthening approach, the goals of CFTSI are to:

- Increase the caregiver's recognition and appreciation of their child's trauma symptoms, as well as their own
- Help the child recognize, identify, and anticipate their trauma symptoms and trauma reminders
- Increase the caregiver's understanding of the developmental context in which their child has experienced traumatic events
- Increase communication between the child and caregiver about the child's trauma symptoms
- Identify and practice coping strategies to help the child and caregiver decrease trauma symptoms



## ✔ CFTSI can help therapists and programs serve more children

More young people than ever need mental health services, but lengthy waitlists and large caseloads are making it hard for clinicians to meet the need.

The brevity and effectiveness of CFTSI help reduce the need for longer-term care, alleviate long waitlists, increase access, and allow programs to serve more children.

## ✔ CFTSI works

CFTSI has been proven to decrease trauma symptoms, promote recovery, and interrupt and reduce the development of long-term problems that can interfere with a child's best possible development.

**70-80%**

**OF CHILDREN WHO COMPLETE CFTSI**

experience enough relief from symptoms that they don't need additional trauma treatment

**62%**

**OF CAREGIVERS**

who participate in CFTSI experience significant improvements in their own trauma symptoms

**98%**

**OF CAREGIVERS**

who participate in CFTSI say they'd recommend it to others

To learn more about CFTSI or CFTSI training:



Yale Center for Traumatic Stress and Recovery  
**YALE CHILD STUDY CENTER**

For clinicians working with CACs who are interested in CFTSI training, please visit:



**NCA Institute for Better Mental Health Outcomes™**

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