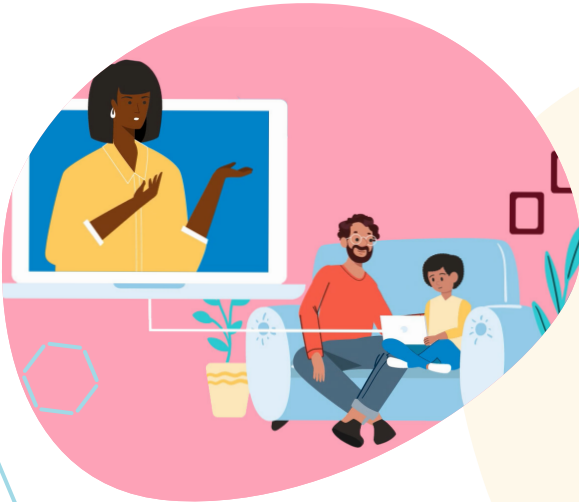


## INFORMATION FOR CAREGIVERS

# The Child and Family Traumatic Stress Intervention (CFTSI)

An Effective Treatment for Your Child Either In-person or  
From Home Through Telehealth Appointments



### What you need to know about CFTSI

After your child goes through an overwhelming traumatic event, it's hard to know what to do to help your child feel better. But relief is possible, and you don't even have to leave home.

The Child and Family Traumatic Stress Intervention (CFTSI) can help your child heal after experiencing a trauma. It's a type of therapy that interrupts the stressful symptoms children experience after a trauma. It was developed to help children and adolescents, with the support of parents and caregivers, get back in charge and lower their symptoms, so they can heal and recover.

Here are some facts every caregiver needs to know about CFTSI and how it can help their child:

- ✓ **CFTSI is completed in 5-8 sessions, and is just as effective whether you do it in-person or from home through telehealth appointments.**

Families start participating in CFTSI shortly after a traumatic event, or soon after a child discloses abuse that happened in the past.

- ✓ **CFTSI helps kids feel better.**

Kids may not always understand, and often can't talk about the big feelings and thoughts they experience after a trauma. While you may notice changes in their behavior and mood, you might not know why these changes are happening. CFTSI helps both children and caregivers understand and find words to describe the symptoms the child is having and teaches children and caregivers new ways of lowering trauma symptoms and regaining a sense of control.





**CFTSI works whether you participate in-person or from home through telehealth appointments.**

CFTSI has been proven to lower symptoms and promote healing and recovery of traumatized children and caregivers. It interrupts and reduces the development of long-term problems that can interfere with a child's best possible development.

**80%**

**OF CHILDREN**

who attended 5-8 telehealth sessions of CFTSI experienced a significant reduction of symptoms and were not referred for additional trauma treatment.

**62%**

**OF CAREGIVERS**

like you 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.



**It's easy to participate in CFTSI through telehealth!**

For your telehealth appointments, all you'll need is a cell phone, tablet, or computer with access to the internet, and a video-calling app like Zoom.



**SPEAK WITH YOUR LOCAL CAC OR THERAPIST TO LEARN MORE ABOUT CFTSI:**



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



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



[yale.edu/yctr](http://yale.edu/yctr)



[nationalchildrensalliance.org](http://nationalchildrensalliance.org)

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empowering humanity

The Stavros Niarchos Foundation (SNF), as part of its Global Health Initiative (GHI), supports quality healthcare accessible to all.

**Together, no child's future is out of reach.**