

INFORMATION FOR THERAPISTS

The Child and Family Traumatic Stress Intervention (CFTSI)

An Effective Treatment for Children When Implemented
Either In-person or Through Telehealth

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 after a recent traumatic event or after a recent disclosure of physical or sexual abuse in a forensic interview, typically conducted in a Child Advocacy Center or a similar investigative body.

Here are some facts every therapist needs to know about CFTSI and how they can successfully implement the model through telehealth 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





Implementing CFTSI through telehealth works

CFTSI is just as effective when conducted through telehealth as it is when conducted in-person. Studies have shown that 80% of kids who attended 5-8 CFTSI sessions through telehealth experienced significantly reduced symptoms and were not referred for additional trauma-focused therapy.

80%

of children who completed CFTSI experienced **significant symptom reduction**

Using telehealth is a reliable and effective way of implementing CFTSI with children and families who might otherwise have limited or no access to this evidence-based therapy.



It's easy to implement CFTSI through telehealth!

To get started implementing CFTSI through telehealth, you and your client both need access to the internet, and can use almost any HIPAA-compliant video conferencing platform, like Zoom.



FOR ADDITIONAL INFORMATION 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:



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



yale.edu/yctsr



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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.