

The Child and Family Traumatic Stress Intervention

An Effective Treatment for Your Child

What you need to know about The Child and Family Traumatic Stress Intervention (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.

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

Families start participating in the therapy 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

CFTSI has been proven to lower symptoms and promote recovery. It interrupts and reduces 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

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

Speak with your local CAC or therapist to learn more about CFTSI



Yale Center for Traumatic Stress and Recovery
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