TF-CBT TEEN: THE WHOLE 9 YARDS

What to Expect Throughout Your TF-CBT Experience

PSYCHOED

What's abuse? What's trauma? How can they impact different parts of your life from your mood to your schoolwork to your relationships with friends and family? What are some ways to DEAL?
This time in your life can be tough and learning about what you're going through can help make things easier.

TF-CBT will: Teach you the basics about trauma and its effects and ways treatment can help

YOUR CAREGIVER

Talking with your caregiver can sometimes get heated. So many rules! So much negativity! It can be frustrating..
Other times it can be hard to know what to say or how to say it.
TF-CBT will: Improve communication skills between you and your caregiver

RELAXING

Stress can negatively impact your body and mind. The good news is a few deep breaths, a little meditation, and a good night's sleep can really help!
TF-CBT will: Teach you how to notice when your mind or body are stressed and how to combat stress like a pro

THE FEELS

During adolescence, your emotions can sometimes go from 0 to 100 in a flash. The instability can really affect the way you act and interact with people around you. It's also common to have lots of different, complicated feelings, sometimes all at once!
TF-CBT will: Explain how emotions work and how to regulate them

COPING

It can be easy to tear yourself down about things that happened in your past. Even, things that were not your fault. But your brain is your toolkit! Use it to bulid yourself back up!
TF-CBT will: Help you to recognize your negitive thoughts and turn them into positives

YOUR STORY

The best way to truly understand your story is to tell it! Whether it be in a journal, song or rap make your voice heard!
TF-CBT will: Help you to understand the thoughts and feelings between the lines of your story

REALITY CHECK

Unfortunately, you may encounter situations in the real world that trigger painful or scary memories. But just because you can't avoid it, doesn't mean you can't handle it!
TF-CBT will: Prepare you for different stressful topics and events you may experience

YOU & YOUR CAREGIVER

It's imporant to let your caregiver in on your journey through TF-CBT. It may be weird at first to share your experiences & emotions, but remember your caregiver is here for you!
TF-CBT will: Help you and your caregiver to become more comfortable sharing your thoughts and feelings with one another.

SAFETY FIRST

Safety is important when facing life's challenges. Sex, drugs and the internet are just a few things that can change your life for the worse. But you can respond to these pressures with strength and resilience!
TF-CBT will: Give you the tools to identify and confront the dangers out there

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