

Detroit Wayne Integrated Health Network's

CHILDREN'S Initiatives

Trauma-Focused Cognitive Behavioral Therapy

Trauma-Focused Cognitive Behavioral Therapy is an outpatient or home-based service aimed at helping children overcome the negative effects of trauma. The program intends to decrease symptoms of anxiety, depression, mood instability, and self-injurious behavior that stem from a traumatic event, to focus on healing and supporting the child-parent relationship and to provide referrals to meet the needs of families.

Who is Eligible?

- Residents of Wayne County eligible for Community Mental Health services
- Children between the ages of 3 and 17 that have experienced trauma (witness/victim of abuse, domestic violence, neglect; multiple separation/moves; death of a loved one, or other traumatic events.)

What to Expect from My Therapist?

- Individual and family-centered services
- Relationship based approach between the child, caregiver and therapist
- Educational support to understand the impact of trauma
- Development of personalized stress management skills for parents and children

- Encouragement and guidance on coping with a range of emotions
- Education on the connection between thoughts, feelings and behaviors
- Encouragement to share the traumatic experience
- Guidance and support in times of crisis
- Enhancement of personal safety, parenting skills and family communication
- Link family to community resources and coordinate services

For further information, please contact: Customer Service at (888)-490-9698 or TTY:(800)-630-1044

