

Target Criteria for TF-CBT

1. Child is age 3-18 years.

Child from any racial or ethnic group, living in urban, suburban, or rural areas.

2. Child has a trauma history.

Child has a history of at least one significant potentially traumatic event, such as sexual assault, physical assault, witnessing serious violence in the home or community, or unexpected, traumatic death of a loved one.

3. Child has symptoms of PTSD.

Child does not have to meet full diagnostic criteria for PTSD.

4. Child has other symptoms related to trauma.

Child has symptoms of depression, anxiety, shame, or traumatic grief directly related to a traumatic event.

5. Parent/caregiver involvement is highly desirable.

Likely to improve treatment outcome, but it is not necessary.

TF-CBT Not Indicated

1. Child does not have a trauma history.
2. Child does not have significant mental health symptoms related to a traumatic event.
3. Child has severe cognitive disabilities or autism spectrum disorder.
4. Problems to be managed first prior to trauma-focused therapy:
 - Safety
 - Extremely poor caregiver system
 - Severe disruptive behavior problems
 - Substance abuse

