

CBT/TF-CBT (Comprehensive Service)

Location: Home Based

Client: Family

Duration: Moderate – six month referral with option for extension

Payer: DCS

Summary:

This service has been recommended because a youth has been indicated as exhibiting symptoms related to trauma, and the non-offending caregiver is able to participate in services.

This program offers 2 models...

TF-CBT to assist in the treatment of youth ages 3-18 who have experienced trauma. The treatment includes conjoint child-parent sessions, uses psycho education, parenting skills, stress management, cognitive coping, etc. to enhance future safety. Treatment assists the family work through trauma in order to prevent future behaviors related to trauma, and a non-offending adult caregiver must be available to participate in services. Perpetrator cannot be in the home.

CBT assists clients in facilitating many types of behavior change including cognitive distortions which tend to reinforce feelings of anger and self-defeat, and assists in addressing depression and anxiety.

CBT/TF-CBT Tier 1: 8 Hours of Direct service per week, with or on behalf of the family provided by a Therapist with some support services provided by a Bachelors/Paraprofessional.

CBT/TF-CBT Tier 2: 8 Hours of Direct service per week, with or on behalf of the family provided by a Bachelors level case manager, at least 1 hour of therapy a week provided by a Masters level therapist and some support services provided by a Paraprofessional.

CBT/TF-CBT Tier 4: 5 Hours of Direct service per week, with or on behalf of the family provided by a Bachelors level case manager, at least 1 hour of therapy a week provided by a Masters level therapist and some support services provided by a Paraprofessional.