



**Trauma-Focused
Cognitive Behavior Therapy
(TF-CBT)
for
Children and Adolescents
Impacted by Incarceration
In Calvert County, MD**

Healing is REALLY Possible

Supported By



Is your child experiencing any of the following symptoms?

- Inability or unwillingness to recall trauma details
- Difficulty stopping thoughts about the trauma
- Emotional and physical numbing
- Recalling physical sensations that occurred during trauma
- Difficulty staying still or fidgeting
- Sleeping routine is disturbed (not wanting to sleep alone, nightmares, waking up in the middle of the night)
- Rapid changes in mood
- Difficulty concentrating
- Depression
- Anxiety
- Low self esteem
- Inability to trust others
- Drug use
- Desire to hurt oneself or others
- Having problems at school
- Isolating themselves
- Conflicts in, or lack of communication with others

TF-CBT is an evidenced based treatment option for traumatic events resulting in the above symptoms in children and adolescents. TF-CBT includes parents/caregivers in the process to offer further guidance and support in addressing the impact of trauma within the family.

TF-CBT has been researched, and found useful for children as young as 3 and as old as 18 who have experienced many different types of traumatic events. TF-CBT provides culturally sensitive treatment options for children and families from diverse cultural and ethnic backgrounds.

To inquire about services, please contact:

THE Southern Maryland Community
NETWORK
Champions of Behavioral Health

Amanda Cipriani, LCSW-C
Tri-County Crisis Response Coordinator
Phone Number: 443-684-3667
Email: acipriani@smcni.org