



**Helping The Traumatized Child: A Workbook For
Therapists (Helpful Materials To Support
Therapists Using TFCBT: Trauma-Focused
Cognitive Behavioral ... with FREE digital
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George Sachs PsyD

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This helpful workbook is designed to support TFCBT therapists and trauma therapists in their work with traumatized children.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based psychotherapy that aims at addressing the needs of children and adolescents (ages 3 to 18) with Post-Traumatic Stress Disorder (PTSD) and other difficulties related to traumatic life events. Using kid-friendly exercises, work-sheets and fun activities, a therapist can work with a child using the TFCBT model.

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