



# CFTSI

## CHILD & FAMILY TRAUMATIC STRESS INTERVENTION (CFTSI)

CFTSI is an evidence-based treatment for children between the ages of 7-18 and a caregiver. CFTSI is a short-term, early intervention model that must begin within 45 days of a potentially traumatic event or disclosure of abuse. Families typically complete CFTSI within 5 to 8 sessions.

## Benefits of CFTSI

- + Increases child's coping skills
- + Improves child-caregiver communication
- + Strengthens positive parenting practices
- + Decreases the need for longer-term treatment

**Children who participated in CFTSI were**

**65%**

**less likely than comparison groups to meet PTSD criteria at 3-month follow-up appointments\***

## Goals of CFTSI

- Identify trauma symptoms early and prevent PTSD
- Introduce coping skills for reducing child's reactions to traumatic stress
- Facilitate child-caregiver communication
- Help families identify and overcome service barriers
- Assess whether the child and family would benefit from further treatment

## How Do Children Respond to Potentially Traumatic Events?

Everyone is different. It's common for children to experience:

- Difficulty feeling positive emotions
- Negative thoughts and beliefs
- Memories, flashbacks, thoughts
- Avoidance of reminders
- Feeling on edge

## Who is Appropriate for CFTSI?

CFTSI is not limited to one specific type of traumatic event. Children may have experienced a single traumatic event such as a sexual assault or witnessing violence or have experienced ongoing abuse or multiple different traumatic events.

CFTSI has also been successfully implemented and evaluated with clients from a range of ethnic and racial backgrounds. CFTSI materials have been translated and are readily available to Spanish-speaking families.

CFTSI can be done in person and via telehealth.

## How Will CFTSI Help My Family?

CFTSI focuses on facilitating child-caregiver communication and coping skills in an effort to address symptoms and prevent the child from developing Post Traumatic Stress Disorder (PTSD). CFTSI empowers caregivers to support and help their child navigate the response to trauma.

# CFTSI Session Outline

### Session 1: Caregiver Only

- Learn about trauma and trauma symptoms
- Learn about CFTSI
- Assess how child and caregiver are doing

### Session 2: Child Only

- Learn about trauma and trauma symptoms
- Learn about CFTSI
- Assess how child feels they are doing

### Session 3: Child & Caregiver

- Compare how child and caregiver feels the child is doing
- Identify areas of concern
- Introduce coping strategies

### Session 4: Child & Caregiver

- Assess how things are going
- Check in on any needs identified
- Adapt coping skills as needed

### Sessions 5-8: Child & Caregiver

- Assess how things are going
- Check in on any needs identified
- Adapt coping skills as needed
- Determine if further treatment is needed

### Follow-up: Child & Caregiver

*1-3 months later*

- Assess how things are going
- Check in on any needs identified
- Review and adapt coping skills as needed



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