



CFTSI Treatment Goals

- **Reduce** negative reactions or symptoms related to the upsetting event
- **Strengthen** communication between caregiver and child to enhance emotional support
- **Teach** and practice skills to help reduce trauma reactions
- **Help** families address practical needs such as safety, legal issues or medical care
- **Assess** whether the child needs longer-term treatment

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CFTSI Fills a Gap

An evidence-based early intervention, CFTSI fills the gap between standardized acute interventions and evidence-based, longer-term treatments required to deal with enduring post-traumatic reactions.

CFTSI can work as a key addition to an agency's menu of services:

- Brief manualized treatment
- Implemented immediately following a potentially traumatic event or after disclosure of physical or sexual abuse
- Adaptable for a variety of settings, including those with briefer lengths of stay
- Decreases post-traumatic stress reactions and onset of PTSD by strengthening communication and family support
- Seamless introduction to longer-term treatment and other mental health interventions

CFTSI

CHILD AND FAMILY TRAUMATIC STRESS INTERVENTION

Childhood Violent Trauma Center
Child Study Center
Yale University School of Medicine



**Information for Agencies
and Professionals**

What is CFTSI?

The Child and Family Traumatic Stress Intervention (CFTSI) is a brief treatment for children and youth 7-18 years old, together with a parent or other caregiver.

CFTSI increases family support for children exposed to a potentially traumatic event. CFTSI helps enhance communication about the child's symptoms and responses to the event, and teaches the family skills to manage the child's negative reactions.

Implemented immediately following a potentially traumatic event or disclosure of physical or sexual abuse, CFTSI provides a seamless introduction to longer-term treatment and other mental health interventions.

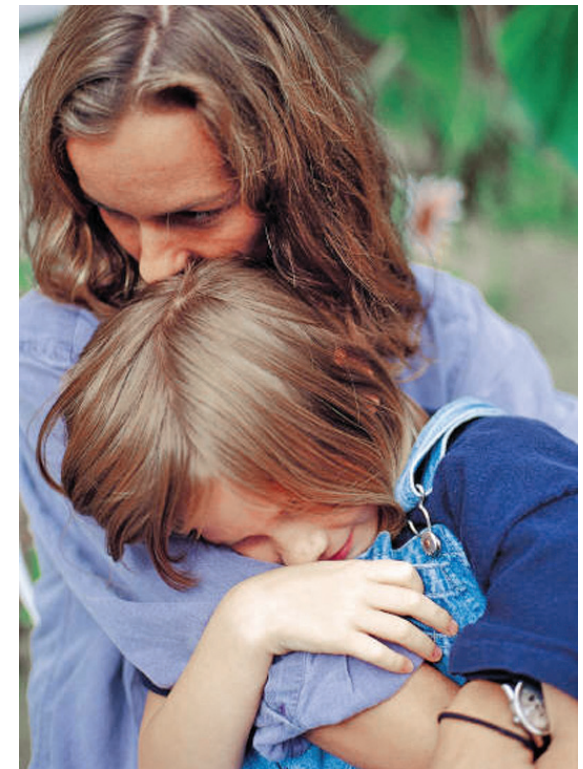


Who can benefit from CFTSI?

CFTSI can help children who have been exposed to many different types of potentially traumatic events—whether exposure is a single event or chronic—including sexual abuse, physical abuse, domestic violence, community violence, rape, assault, or motor vehicle accidents.

CFTSI is meant to be implemented immediately following a potentially traumatic event or following disclosure of physical or sexual abuse.

CFTSI has been adapted for use with children in Foster Care.



Where can we get more information?

CFTSI is provided by mental health professionals who have received specialized training in this evidence-based treatment.

For more information
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