

What can The Family-Informed Trauma Treatment Center do for you?

Who we are:

The Family-Informed Trauma Treatment Center at the University of Maryland consists of clinicians, researchers, and community members, all committed to studying the effects of trauma on families and creating better treatments. Part of our mission includes providing mental health services to returning service members and their families at no cost.

What does this mean for you:

You may take part in the following services:

- Screening and Assessment of Family Mental Health
- Family Therapy
- Couples Work on Parenting and other Family Issues
- Individual Child Therapy, where appropriate
- Sibling Work and Groups

If you think you are eligible for these services, ask your mental health provider for a referral to the Family-Informed Trauma Treatment Center clinician at VAMHCS **today!**

A family can include:

- Parent(s) and child(ren), siblings, grandparents
- Young adults returning to their parents' homes post-deployment
- Couples expecting a child
- Extended or non-biological "kin" members that help raise children



SEE REVERSE FOR SPECIFIC TREATMENT DESCRIPTIONS

TREATMENTS TO BE OFFERED:

Families OverComing Under Stress (FOCUS)

Recently adapted for military-specific populations affected by Combat Operational Stress, FOCUS is a resiliency-based program centered on opening lines of communication between parents and children. In eight sessions, families will learn to communicate regarding feelings about deployment and reintegration, acknowledging how each member of the family views events in their own unique ways.

Strengthening Families' Coping Resources (SFCR)

SFCR targets families affected by Post Traumatic Stress Disorder, and seeks to promote healthy behaviors based on interventions addressing family traditions and routines. Elements of narrative therapy are incorporated in this unique multi-family treatment.

Emotionally-Focused Couples Therapy (EF-CT)

EF-CT is a short-term, structured approach to couples therapy used in diverse situations, including those with clients suffering from Post Traumatic Stress Disorder, depression, and chronic illness. Goals are to expand and re-organize key emotional responses and foster secure bonds. In the VA context, EF-CT may be used as a form of parenting education therapy.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

The goal of TF-CBT is to address the needs of children with Post Traumatic Stress Disorder. TF-CBT provides knowledge and skills to help address trauma, manage distressing thoughts, improve supportive parenting, and the expression of emotion.

Abuse-Focused Cognitive Behavioral Therapy (AF-CBT)

This therapeutic approach involves working with victims and perpetrators of family violence, in order to repair broken connections. Treatment emphasizes instruction skills to promote healthy behaviors and decrease aggression at individual and family levels.