

IDENTIFYING

TRAUMA THERAPY FOR YOUR CHILD



NCTSN
The National Child Traumatic Stress Network

You want the right help for your child, and finding it can feel overwhelming. Knowing what to look for and what to ask can help you find a provider who is right for your child and your family. You know your child best, and you have every right to ask questions until you feel confident in the care your child receives.

NOT ALL THERAPY IS TRAUMA THERAPY

Children who have experienced trauma may benefit from specialized approaches that address trauma and traumatic stress.

- Trauma treatment is a specialty area.
- Not every therapist is trained in trauma-focused care.
- Effective treatment begins with understanding the child's experiences and symptoms.
- The right support can help children heal sooner.



EFFECTIVE TRAUMA THERAPY COMPONENTS

While treatment approaches vary, effective trauma therapy often includes several common elements.

- A trauma-focused assessment.
- Active caregiver involvement.
- A strong relationship between the child, caregiver, and therapist.
- Building safety and coping skills.
- Helping children understand and process difficult experiences.



QUESTIONS YOU CAN ASK TO IDENTIFY TRAUMA THERAPY FOR YOUR CHILD...

- ☐ How do you assess for trauma and traumatic stress?
- ☐ What training do you have in trauma-focused therapies?
- ☐ What experience do you have helping children heal from trauma?
- ☐ How will caregivers be involved in treatment?
- ☐ How do you adapt treatment to fit a child's background and developmental needs?
- ♥ *Ask yourself... Is this provider still feeling like the right fit for my child and family?*