

UNDERSTANDING

EVIDENCE-BASED TRAUMA THERAPY



Children can heal from trauma, and a supportive caregiver is essential to their healing. Evidence-based trauma therapy uses approaches that research and experience have shown help children heal and strengthen their ability to cope. Research also shows that caregiver involvement is one of the strongest predictors of a child's recovery. Understanding what evidence-based trauma therapy is can help a caregiver find specialized help for their child after trauma.

CAREGIVERS MATTER

Caregivers are important to a child's healing journey.

- Caregivers provide safety, support, and understanding.
- Caregivers know their child best.
- Caregivers' support and encouragement promote healing.
- Children do better in treatment when caregivers are involved.

Caregivers need to have all the answers.

MYTH

Caregivers don't need to be experts in trauma to help their child heal.

TRUTH

It is **normal** to feel overwhelmed, lost, or unsure. You are **not alone**, and **there is help**.

THERAPIES THAT WORK

Evidence-based trauma therapies can help children recover from trauma.

- These therapies have specialty training requirements.
- They have been used with many children and families.
- They have been shown to reduce trauma-related symptoms.
- Treatment fits a child's identity, family, culture, and developmental needs.

Evidence-based means every child gets the exact same treatment.

MYTH

Effective trauma treatment is adapted to fit each child's unique strengths, needs, culture, values, and experiences.

TRUTH