

PCYP

UNLV PRACTICE Children & Youth Program

Trauma Focused Cognitive Behavioral Therapy

TF-CBT is an evidence-based treatment used to help children/adolescents who have experienced trauma.

Common symptoms following a traumatic event include:

- nightmares or trouble sleeping
- trouble concentrating
- being jumpy or startling easily
- frequent stomachaches or headaches
- irritability and moodiness
- behavior problems
- withdrawing or isolating

TF-CBT also helps caregivers reduce distress and learn how to support their child/adolescent.

For More Information or to Request an Appointment Contact:

702.895.1527 or the.practice@unlv.edu

* All services are offered at low-cost *

** All groups are offered via Zoom **