

# Target Criteria for TF-CBT

## 1. Child is age 3-18 years.

Child from any racial or ethnic group, living in urban, suburban, or rural areas.

## 2. Child has a trauma history.

Child has a history of at least one significant potentially traumatic event, such as sexual assault, physical assault, witnessing serious violence in the home or community, or unexpected, traumatic death of a loved one.

## 3. Child has symptoms of PTSD.

Child does not have to meet full diagnostic criteria for PTSD.

## 4. Child has other symptoms related to trauma.

Child has symptoms of depression, anxiety, shame, or traumatic grief directly related to a traumatic event.

## 5. Parent/caregiver involvement is highly desirable.

Likely to improve treatment outcome, but it is not necessary.

## TF-CBT Not Indicated

1. Child does not have a trauma history.
2. Child does not have significant mental health symptoms related to a traumatic event.
3. Child has severe cognitive disabilities or autism spectrum disorder.
4. Problems to be managed first prior to trauma-focused therapy:
  - Safety
  - Extremely poor caregiver system
  - Severe disruptive behavior problems
  - Substance abuse

