



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

HEALING STARTS HERE

TF-CBT is a clinic-based, individual, short-term, evidence-based treatment program for children and adolescents, ages 4 to 18, who have behavioral or emotional problems related to traumatic life events. The program is offered through a combination of individual and family treatment. Treatment results in improvements in:

- Post-traumatic stress symptoms
- Depression
- Anxiety
- Externalizing behaviors
- Sexualized behaviors
- Trauma-related shame
- Mistrust

OUR APPROACH

- Clinicians receive extensive training in trauma treatments including TF-CBT.
- Children ages 8-12 can receive individual or group treatment.

For information or to make an appointment, call our Navigation Center at 888.793.3500.

Locations

225 North Main Street
Suite 106, 1st Floor
Bristol, CT 06010

43 Woodland Street
Hartford, CT 06105

40 Hart Street
New Britain, CT 06052

91 Northwest Drive
Plainville, CT 06062

855 Lakewood Road
Waterbury, CT 06704

Payment Options

In many circumstances, Medicaid, private insurance or third-party payer covers service cost. A sliding fee scale, based on an individual's or family's ability to pay, is also offered.

Funding Sources

Connecticut Department of Children and Families and the United Way of West Central Connecticut

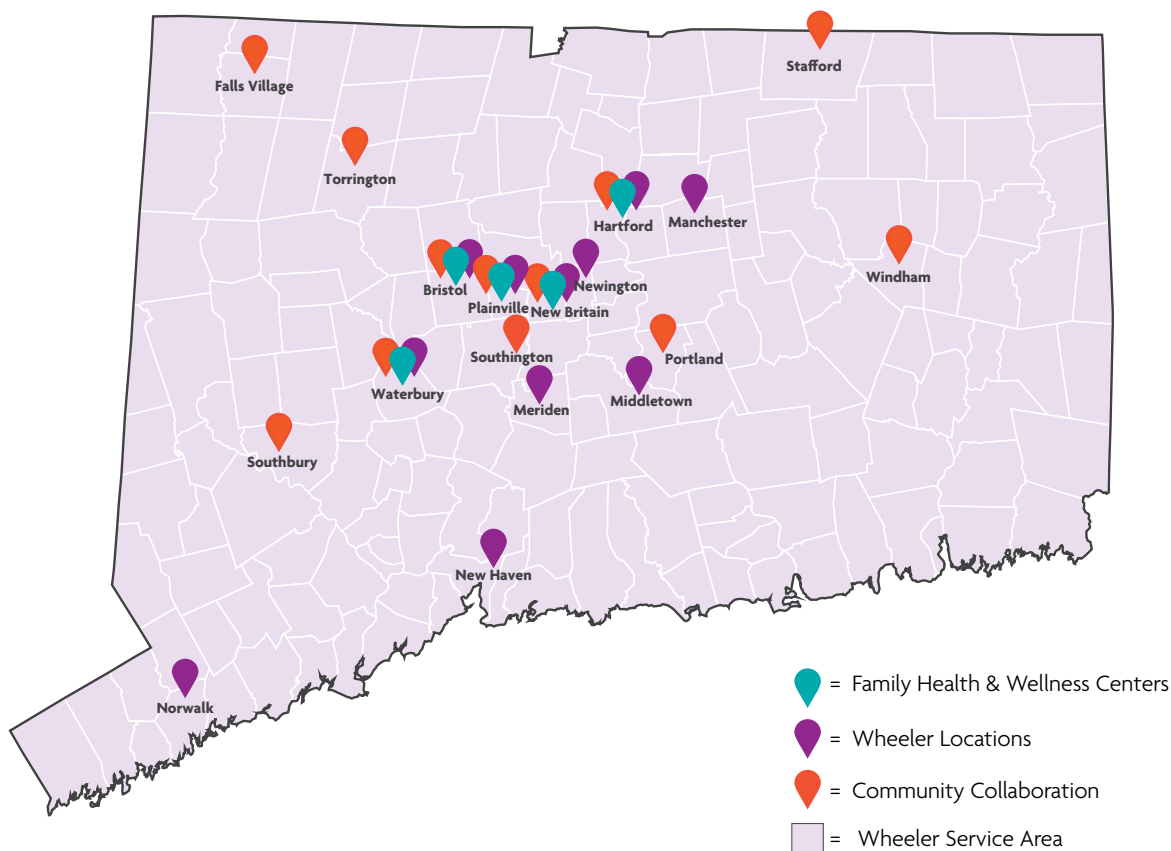
ABOUT WHEELER

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages recovery, health and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 50,000 individuals across Connecticut each year.

WHEELER'S CENTERS OF EXCELLENCE

- Driven by cutting-edge clinical innovation and use of evidence-based practices;
- Offers easy access to a comprehensive array of treatment and recovery support services that are culturally, gender, and age-responsive, trauma-informed, and build on individuals' strengths to foster resiliency and recovery;
- World-class customer care is provided in an integrated, coordinated fashion, ensuring continuity of care; and
- Partners with youth and families in yielding excellent outcomes and high client satisfaction.

SERVING OUR COMMUNITIES ACROSS CONNECTICUT:



For more information about Wheeler, please call 888.793.3500 or visit WheelerHealth.org

Licensed or approved by the Connecticut Department of Children and Families, the Connecticut Department of Public Health and the Connecticut State Department of Education, accredited by The Joint Commission.



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