Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based, short-term intervention for addressing behavioral health issues related to traumatic events relating to disasters and grief.

Do you know a child or teen deeply impacted by the wildfires?

What is Trauma Focused-Cognitive Behavioral Therapy?
TF-CBT helps children and teens manage and reduce negative emotions and behaviors and offers skills to help parents support their children and teens.

How can it help children and teens?
TF-CBT helps children and teens manage and reduce negative emotions and behaviors and offers skills to help parents support their children and teens.

Where do I start?
Scan the QR code or use this link to complete the online form to connect with a Hawai‘i provider trained in this evidence-based approach.