

OTHER RESOURCES

The National Child Traumatic Stress Network
www.nctsn.org

The Children's Advocacy Centers of Texas
www.cactx.org

Child Welfare Information Gateway
www.childwelfare.gov

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Police Emergency.....911

Camino Real Community Services Crisis

Hotline (local suicide

hotline).....1-800-543-5750

Child & Adult Protective

Services.....1-800-252-5400

Text Hotline.....741-741

Suicide Hotline.....1-800-784-8433

or 1-800-784-2433

National Suicide Prevention

Line.....1-800-273-TALK

Self-Harm Hotline.....1-800-DON'T CUT



Cotulla

202 S Stewart St.
Cotulla, TX 78014

Floresville

1108 Railroad St.
Floresville, Tx 78114

Jourdanton

810 Main St.
Jourdanton, TX 78026

Phone: (830) 393-6290

Fax: (830) 393-6301

Website: castcac.org

Email: info@castcac.org

Hours of Operation: 8 a.m.- 5 p.m.

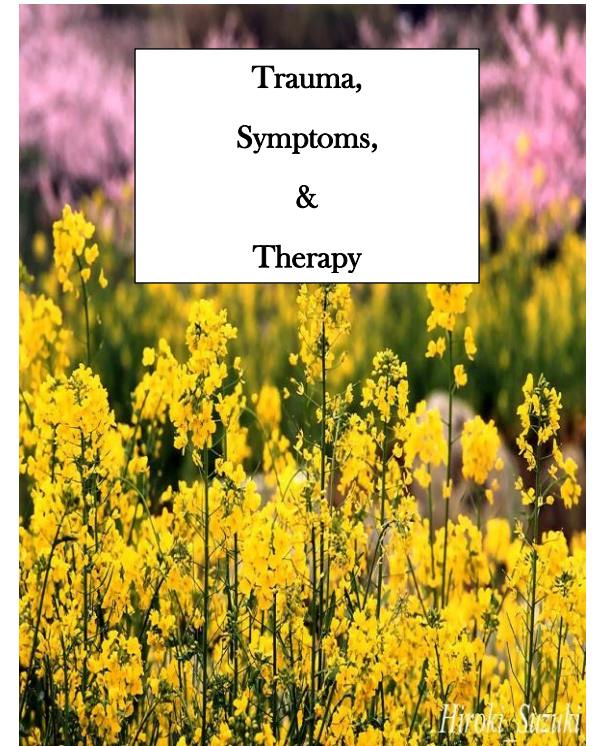
Monday-Friday



THERAPY DEPARTMENT

A BRIEF GUIDE TO:

Trauma,
Symptoms,
&
Therapy



TRAUMA

WHAT IS IT?

Trauma can occur when a person is involved in or witnesses a frightening, dangerous, or violent event and this involvement overwhelms their ability to cope with what they have experienced.

You may have heard some refer to trauma as Post Traumatic Stress Disorder (PTSD). A common misconception is that only men or women in the military can struggle with symptoms of PTSD. The truth is, a large population of people in the United States, before they ever reach the age 16, are exposed to a traumatic event such as:

- physical, sexual, or psychological abuse and neglect (including family violence)
- natural and technological disasters
- community violence, trafficking, or terrorism
- sudden or violent loss of a loved one
- substance use disorder (personal or familial)
- refugee and war experiences (including torture)
- serious accidents or life-threatening illness
- military family-related stressors (e.g., deployment, parental loss or injury).

(www.nctsn.org)

SYMPTOMS

BEHAVIORIAL & PSYCHOLOGICAL

These symptoms cover a wide variety of age ranges. Some trauma victims might experience these symptoms for long periods of time, and others may only experience them intermittently or not at all.

Symptoms can include but are not exclusive to:

- fearful of new situations
- clingy
- overwhelmed easily
- easily afraid
- anxiety
- depression
- self-harm
- difficulty concentrating
- poor social skills
- exhibit memory problems
- scream or cry excessively
- poor appetite, low weight
- excessive appetite, overweight
- develop learning disabilities or struggles that weren't there before
- act out in social situations (e.g., drinking excessively, drug use)
- verbally abusive
- suicidal thoughts or actions
- lack self-confidence
- imitate abusive/traumatic event
- poor skill development
- change in sleep patterns (too much or little, nightmares)
- difficulty stopping thoughts about trauma.

(www.nctsn.org)

THERAPY

WHAT WILL HELP MY CHILD?

Evidence-based therapy services are shown to be highly effective in the treatment of trauma.

Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) is an evidenced-based therapeutic intervention that will help both children and parents overcome impact of traumatic events by:

- ❖ assisting child in developing coping strategies for traumatic responses
- ❖ reduction of trauma symptoms, such as the ones listed previously under the symptom's column.

TF-CBT is:

- ❖ for children ages 3-18
- ❖ a brief form of therapy, typically lasting about 3-6 months depending upon the child
- ❖ held in weekly 30-45-minute sessions
- ❖ free with the Children's Alliance of South Texas to those who are eligible. (Typically referred by Child Protective Services, or Law Enforcement)

(<https://tfcbt.org/wp-content/uploads/2014/07/TF-CBT-English1.pdf>)

Left untreated trauma symptoms can lead to many negative long-term health problems or high-risk behaviors. Very rarely does trauma leave anyone unaffected.

