

# THERAPY FOR TERRIFIC CHILDREN

## *How do I make an appointment to have my child assessed for therapy?*

Simply call the Wade Knox Children's Advocacy Center at (501) 676-2552. We will complete a referral form and submit it to the therapist. The therapist will contact the caregiver directly to set up an appointment. Anyone bringing a child for therapy must be authorized to do so, such as the legally-designated custodial parent or caregiver, and must have the legal authority to give permission for the child to have therapy. We cannot help determine for you who has the proper authority; this must be clarified by you before therapy can begin. If verification of this is required, that documentation must be brought with you to the first session before any therapy will begin.

## *Where will my child be assessed for therapy?*

Your child's assessment will take place at the Wade Knox Children's Advocacy Center, 1835 SW Front Street (Highway 70), Lonoke, AR, or at the Brinkley location, at 401 Fourth Street, Brinkley, AR if you are closer to Brinkley. We can sometimes do the assessment by video session as well.

## *If my child qualifies for therapy, where will the therapy sessions take place?*

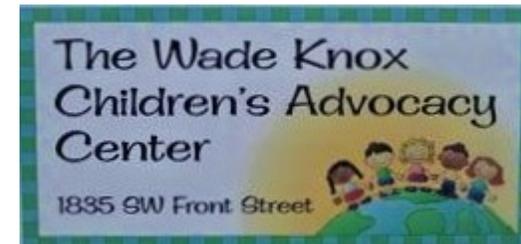
Therapy sessions are held at the Wade Knox Children's Advocacy Center in Lonoke. Some sessions can also be held online, such as video sessions. Some sessions will be with the parent/caregiver only, and others with both together. Please do not assume that we can provide this therapy if you are not going to be involved. You as the caregiver are a critical part of this process.

## *Can't you just do therapy at my child's school?*

Trauma therapy can temporarily evoke emotions and fears at times, and this demands a calming and safe, therapeutic environment. We do not do trauma therapy in the schools. It requires parent/caregiver involvement in sessions, and the rushed and often stressed, noisy and tightly-scheduled school setting is not the best environment for a child's highly-specialized trauma therapy. The Wade Knox Center is a child-friendly, safe place for a child and their caregiver to participate in therapy.

## *If I have further questions, who may I contact?*

Your questions are always welcome. The caregiver may call the Wade Knox Children's Advocacy Center and talk with the Victim Advocate. For all questions about therapy, contact the therapist directly at (501) 438-5084.



**The Wade Knox Children's Advocacy Center**  
**1835 SW Front Street, Lonoke, AR 72086**

~~~~~  
**401 Fourth Street, Brinkley, AR 72021**  
**(501) 676-2552**

## *What is TF-CBT?*

Trauma-Focused Cognitive Behavioral Therapy, or TF-CBT, is a trauma therapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events. These events may include but are not limited to sexual abuse, physical abuse, emotional abuse, or any other form of maltreatment.

## *What does Trauma-Focused Cognitive Behavioral Therapy include?*

TF-CBT uses trauma-sensitive interventions with cognitive behavioral, family principles and techniques. The therapist will work with the child and their caregiver during the therapy process to promote and develop effective skills and strengths, which can help not only the child, but the family as well.

## *What will the child and caregivers learn during the therapy process?*

The child and their caregivers will learn new skills to help process thoughts and feelings related to traumatic life events, manage and resolve distressing thoughts, feelings, and behaviors related to traumatic life events, **enhancing safety, growth, parenting skills, and family communication.**



## *What is the general process once my child has been seen at the Wade Knox Center?*

Every child seen at our center is given a Victim Advocate. Our services are free to the family. We always welcome your questions, and we are committed to answering your questions quickly and honestly. We work to keep you informed and equipped with information at all times throughout the entire process from when your child is seen until therapy is finished. Trauma therapy is voluntary; you are not required to accept it and you will not be punished if you don't. It's a free service our center offers for children and their families who may have had a traumatic experience.

Please see our website at <https://www.wadeknoxcenter.org/resources.html> for good, free resources that can help.



## *What are some things to be aware of that my child might struggle with after a traumatic experience?*

Even very young children can have trauma, and PTSD (post-traumatic stress disorder). Some general symptoms can include anxiety, fears, nightmares, sleep problems, anger or aggression, difficulty trusting, wariness, trying to protect siblings and even caregivers, physical symptoms such as stomachaches, headaches, etc. There is no one specific thing that can, or can't, cause PTSD/trauma. With trauma therapy, it can be treated. We believe that trauma can happen to anyone, through no fault of their own, and that trauma doesn't make a great kid a bad kid. There is no such thing as a "bad" kid and we see a great kid sometimes caught inside some painful trauma.

## *As a caregiver , why do I have to be involved? After all, the trauma happened to my child, not me...*

When trauma happens to one person in the family, it typically happens to the entire family. This therapy is different, as it doesn't just treat "bad behavior". Behavior is a symptom of a problem, a language both children and adults often use. If only "bad" behavior (the symptom) is treated, then the actual problem may be left unresolved. If a caring adult caregiver is left out of therapy, then it can sometimes disempower the family from some of their healing and can deprive the child of help the caregiver often could have otherwise been equipped to give, through TF-CBT therapy.

Your involvement in this therapy, as a trusted adult in the child's life, is necessary, and is critically important.

## *How can my child begin trauma therapy?*

Each child must be assessed to determine if the Trauma-Focused Cognitive Behavior is appropriate for that child, family, circumstance. The assessment is conducted at the Wade Knox Children's Advocacy Center and evaluated by a TF-CBT therapist who is licensed and trained in the TF-CBT model. Not all children will qualify for the therapy. If your child does not qualify, the therapist can still recommend alternate types of therapy and other options that can benefit your child and family.

## *As a caregiver, what are my responsibilities to my child in the therapy process?*

*As a caregiver, it is your responsibility to:*

- Ensure that your child has adequate transportation to punctually bring your child to each appointment
- Participate in the caregiver portion of the therapy process. This trauma therapy is unique in that it empowers the family as a whole — *your presence is needed!*
- Work with the therapist to help your child feel safe
- Be supportive of your child during the process. TF-CBT therapy is about 12 -16 sessions, and requires a commitment
- Do not cancel the appointments! Your support and participation will provide the best possible results and outcome for your child

## *What are the Costs to the Caregiver or Child?*

There are **no** costs to the child or the caregiver. Your time and commitment to the child and to the therapy process are all that are required.