When an upsetting event has happened, CFTSI can help
Sometimes children or teens experience frightening or overwhelming events that make it hard for them to get along in their daily lives. When children or teens have been through distressing experiences, having support from parents or caregivers can help.

The Child and Family Traumatic Stress Intervention (CFTSI) helps children and caregivers talk together more easily about the child’s symptoms and reactions. CFTSI also helps children and caregivers learn ways of dealing with upset or overwhelming feelings so that they can start to feel better again.

Where can my family get CFTSI?
Clinicians at the Yale Child Study Center Trauma Clinic are available to work with children or teens and caregivers immediately after upsetting events, or after a child or teen has told about an upsetting event.
What is CFTSI?

- CFTSI is 5-8 meetings with a trained and experienced CFTSI provider.
- CFTSI is for children and teens who are 7-18 years old, together with a parent or other caregiver. There is a special version of CFTSI for children ages 3-6.
- CFTSI can help children who have lived through many different types of upsetting events, including sexual abuse, physical abuse, domestic violence, community violence, rape, assault, or motor vehicle accidents

CFTSI can:

**Reduce** traumatic reactions or symptoms related to the upsetting event.

**Strengthen** communication between caregivers and child or teen to enhance emotional support.

**Teach** strategies to help reduce reactions that may be related to the upsetting event.

**Help** families address practical needs such as safety, housing, legal issues or medical care.

**Assess** whether a child needs longer-term treatment.