

Trauma & Grief Component Therapy (TGCT)

We provide evidence-based risk screening, assessment, and interventions for youth aged 7 to 18 who have experienced traumas and/or losses, including the death of loved ones. We use empirically validated screening tools to ensure that your child receive the most appropriate and effective interventions. Our primary treatments include Trauma and Grief Component Therapy, Multidimensional Grief Therapy, and Trauma-Focused Cognitive Behavioral Therapy.

MODULE 01

teaches coping skills to deal with reminders of the trauma or loss. This module also helps them to learn how to ask for the support they need and who to ask for that support.

MODULE 02

helps kids to work through their trauma by creating and sharing a trauma narrative (a story about the hardest parts of what happened). This includes helping them to talk about wishes or regrets that they still may have.

MODULE 03

helps kids to feel more connected to the person who died and to make meaning of the death by creating and sharing a loss narrative (a story about the person who died and what they want to remember the most).

MODULE 04

helps kids to plan and prepare to be successful in the future, while also talking about future dates or events that may be hard for them (for example, birthdays, graduations, etc.).

BENEFITS

- **Reduce** distress & toxic stress due to loss and trauma
- **Expand** your capacity to handle stress
- **Promote** Resiliency among adolescents who may have experienced upsetting or frightening events, including losses.
- **Helps** to decrease post-traumatic stress & problematic grieving (grief that keeps kids “stuck”) by building coping skills and enhancing social support.