

"An Overview of The Child and Family Traumatic Stress Intervention (CFTSI): A Brief, Evidence-Based Early Intervention for Traumatized Children and Families."

This webinar will provide an overview of The Child and Family Traumatic Stress Intervention (CFTSI), which is currently the only evidence-based, brief, early trauma-focused mental health treatment developed specifically for implementation in the acute/early phase of trauma response. Keeping in mind the clinical phenomena of trauma in the early phase of trauma response, as well as an awareness of what families need after a recent traumatic event, the goal is to focus on the recent traumatic event (or the recent disclosure of physical or sexual abuse in a forensic setting) as a “window of opportunity” to intervene and provide early intervention, regardless of whether the child has past traumas in their history. CFTSI is a 5 to 8 session model that has demonstrated effectiveness in reducing children’s trauma symptoms in the aftermath of traumatic experiences and reducing or interrupting PTSD and related disorders in children. Based on a family strengthening approach, CFTSI increases communication between the child and caregiver(s) about the child’s trauma symptoms by increasing family support for children impacted by traumatic events. The clinical goals of CFTSI are to raise the child’s self-observing capacities about symptoms and trauma reminders, to increase communication about trauma symptoms between child and caregiver, to provide coping strategies to master trauma symptoms, and to reduce traumatic stress symptoms and reduce or interrupt PTSD and related disorders.

Carrie Epstein, LCSW-R

Carrie Epstein, LCSW-R is Co-Director of the Yale Center for Traumatic Stress and Recovery and Assistant Professor at the Yale Child Study Center at the Yale University School of Medicine. For the past 30 years, Ms. Epstein has been providing treatment, supervision and consultation on providing mental health treatment and on developing new programs for children and families impacted by trauma and traumatic grief. She is recognized internationally as an expert in the field of child trauma, child traumatic grief and disaster response, providing training and consultation to organizations nationally and internationally, including to multiple countries across Europe, Lebanon and China. One of the original Principal Investigators of the National Child Traumatic Stress Network (NCTSN), Ms. Epstein has responded to multiple school shootings and other mass casualty disasters across the country. She was a principal investigator of a collaborative, multi-site study that was the largest youth trauma project associated with the September 11th terrorist attack in New York City which was established to deliver evidence-based trauma treatments for impacted children and adolescents. In addition, Ms. Epstein also played a lead role in Yale’s response to the 2012 shooting at the Sandy Hook

Elementary School. Since 2001, Ms. Epstein has acted as the Co-Chair of the National Child Traumatic Grief Committee for the National Child Traumatic Stress Network. Ms. Epstein is co-developer of the Child and Family Traumatic Stress Intervention (CFTSI), which is currently the only evidence-based early, trauma-focused intervention for children and families that is designed specifically to be implemented in the acute phase of trauma response that reduces and interrupts the development of PTSD and related disorders. She is also a Master Trainer of the Trauma-Focused Cognitive Behavioral Therapy model.