

# Circle of Care



## TF-CBT Program for Children, Youth, and Families in Ethiopia

### About TF-CBT

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment model designed specifically to help children and adolescents address the effects of trauma. This therapy combines trauma-sensitive interventions with cognitive behavioral techniques, family involvement, and humanistic principles. TF-CBT has been shown to be effective for young people experiencing post-traumatic stress, depression, anxiety, or behavioral issues following trauma, such as abuse, neglect, loss, or violence.

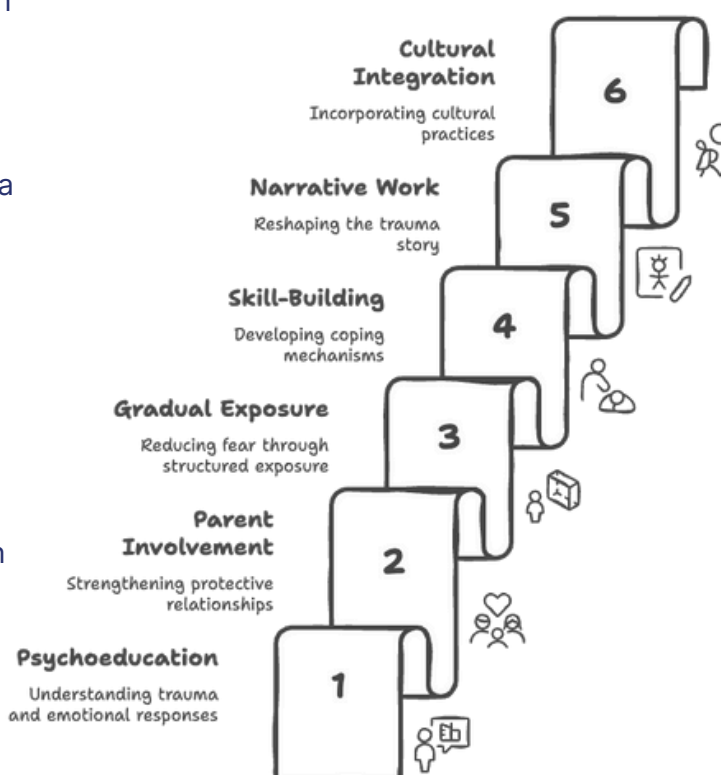
### Why TF-CBT in Ethiopia?

In Ethiopia, many children and youth—particularly those in orphan care, community programs, or facing economic hardship—experience multiple layers of trauma. However, there is a scarcity of culturally relevant and evidence-based therapeutic interventions. Circle of Care is taking the lead in implementing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in Ethiopia through trained counselors and clinicians, along with community-based applications. This makes our program one of the few, if not the only, structured TF-CBT initiatives tailored specifically for the Ethiopian context.

### How it Works?

Our TF-CBT program includes:

1. Psychoeducation about trauma and common emotional responses.
2. Parent/Caregiver involvement to strengthen protective relationships.
3. Gradual exposure to traumatic memories in a safe, structured way to reduce fear and avoidance.
4. Skill-building in relaxation, affect regulation, and cognitive coping.
5. Narrative work to process and reshape the trauma story.
6. Cultural integration, using metaphors, language, and practices familiar to Ethiopian families and children.



### Contact Us

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