

## WHY IT MATTERS?

Children rely on safe and supportive environments to grow and thrive. Domestic violence and sexual abuse are acts of violence that may cause trauma symptoms, or lasting emotional effects that harm someone's sense of safety.

Trauma may affect each child and family in a variety of ways that feel scary and overwhelming. You may notice changes in your child's behavior or your own, including angry outbursts, difficulty focusing, changes in sleep patterns, feeling extreme anxiety, or no longer enjoying favorite activities.



Healing, resiliency, and hope are possible after violence, no matter how impossible that may feel right now.

Safe+Sound Somerset is here for your child. We will partner with you to build the bright, safe future you envision for them.



## ABOUT US

Safe+Sound Somerset offers free and confidential services for youth (ages 3+) and families impacted by domestic violence and child sexual abuse. Our staff provides a compassionate space for youth and their safe family members to express their feelings, learn coping skills, reconnect with each other, and build hope for a safe and healthy future.

Our staff is highly skilled and certified in several evidence-based approaches that have been proven effective in reducing trauma symptoms.

**24/7 Call or Text Helpline**  
**866-685-1122**

**Free, confidential services for youth and adults**

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@safesoundsomerset

## HEALING, RESILIENCY & HOPE

Counseling Services for  
Youth Survivors of  
Domestic Violence and  
Sexual Abuse



**SAFE + SOUND**  
SOMERSET

# COUNSELING SERVICES FOR YOUTH

Safe+Sound Somerset offers youth and their families several treatment options with proven effectiveness in helping survivors heal. Our counselors hold a variety of certifications to help children (3-18) heal from trauma and abuse, build coping skills, express their feelings, and create healthy relationships.



Sexual abuse survivors ages 13+ can access these services without caregiver permission. Safe+Sound Somerset recommends safe family involvement as much as possible to promote healing both in our offices and at home.

## TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY



TF-CBT is a family-centered treatment program focused on building coping skills and processing trauma to facilitate healing. This treatment includes individual sessions for the youth and the safe caregiver(s), and joint family sessions for the youth and caregiver(s) to come together and strengthen family bonds.

TF-CBT is a short-term treatment, alleviating trauma symptoms in an average of 12-16 sessions.

## TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY FOR PROBLEMATIC SEXUAL BEHAVIORS

TF-CBT for PSB is another family-centered treatment program specialized for youth ages 3-11 who have experienced domestic violence and/or sexual abuse and also display problematic sexual behaviors towards others, themselves, or in public.

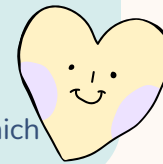
Research shows that children who successfully completed TF-CBT for PSB see the elimination of these behaviors by the end of treatment with continued successes into adolescence and adulthood.

## ART THERAPY

Art therapy uses creative processes to engage the mind, body, and spirit in ways that are different from verbal communication alone. Visual and symbolic expression gives voice to experience, and empowers individual, communal, and societal transformation.

Art therapy can address trauma by:

- Processing traumas that are outside of one's verbal memory
- Providing an alternative way for survivors to express their trauma experiences, which may feel safer for some youth



*To Inquire About Free & Confidential Services,  
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