

**HARBORVIEW CENTER FOR  
SEXUAL ASSAULT AND  
TRAUMATIC STRESS**

*Our Mission*

To prevent and counter the harmful, costly effects of traumatic experiences on victims, families and our community. These experiences include sexual and physical abuse and neglect of children, rape, sexual harassment, violent crime, accident and disasters. Services reflect the values, beliefs and traditions of our community and are available to people of all ages. We strive to create a society free from interpersonal violence.

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Web site: [www.hcsats.org](http://www.hcsats.org)

*HCSATS is committed to providing services to all individuals regardless of race, color, religion, disability, pregnancy, national origin, sexual orientation, gender, age, ethnicity, income, veteran status, or any other basis prohibited by federal, state or local law*



## Alternatives for Families: A Cognitive- Behavioral Therapy (AF-CBT)

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*Harborview Center for Sexual Assault  
and Traumatic Stress*

**UW Medicine**

**UW Medicine**



## WHAT IS AF-CBT

*Alternatives for Families-Cognitive Behavioral Therapy (AF-CBT)* is an intervention for families who are struggling with aggression, violence, or serious conflicts. It can also help families who are at risk or are worried about aggression and violence. AF-CBT promotes use of non-aggressive discipline strategies, enhancement of coping skills, and use of constructive family problem solving and communication.

### AF-CBT Goals:

- Enhance child and family safety
- Strengthen family relationships, skills and routines
- Reduce the risk for high conflict interactions
- Reduce caregiver level of anger and use of force
- Promote non-aggressive (alternative) discipline strategies

### POSSIBLE CONSEQUENCES OF AGGRESSIVE/CONFLICTUAL BEHAVIORS?

- Impaired parent child relationship
- Legal problems
- Placement disruption

### HOW WILL FAMILIES BENEFIT?

Families benefit by:

- Experiencing increased satisfaction with family relationships
- Heightened sense of safety for all family members

### AF-CBT SERVICES

Families are typically seen outpatient once each week.

Services involve individual and family sessions.

Average length of treatment is 14-18 weeks.



### What Will Families Learn?

- Personal and family safety
- New ways to react to stressful situations
- Parenting strategies related to child's age and developmental level
- Relaxation skills
- Coping strategies
- Anger management techniques
- Improved social skills
- Effective Parenting
- Praise and positive attention
- Positive family communication

### To request services

Alternatives for Families Cognitive Behavioral Therapy (AF-CBT) is provided by experienced professional social workers.

To find out more about our services or to speak with a trained professional counselor, please call weekdays at the Harborview Center for Sexual Assault and Traumatic Stress. Please ask for an Emergency Department social worker on nights and weekends.

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