

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

Our Mission

Our mission is to prevent and treat the harmful effects of traumatic experiences on survivors, families and communities, inclusively. We strive to provide high quality, effective and culturally respectful care that is coordinated and multi-disciplinary. We serve the broader community through leadership, prevention, research, education and public policy advocacy.

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HATC 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, marital status, or any other basis prohibited by federal, state or local law

UW Medicine



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

Harborview Abuse and Trauma Center

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 Abuse and Trauma Center. Please ask for an Emergency Department social worker on nights and weekends.

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