



# NEWS RELEASE

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**For Immediate Release**

## **Seasons' Staff Trained in Trauma-Focused Therapy**

**Spencer, IA.** – Sixteen members of Seasons Center for Behavioral Health's staff were recently trained in a therapy geared towards children impacted by trauma.

Seasons' outpatient therapists, substance abuse counselors, and psychologist were trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) on May 2 and 3 in Spencer. The training was conducted by Cassie L. Hornbeck Maxwell, Psy. D.

TF-CBT is a specialized therapy for individuals three to 21 years of age. The therapy is most commonly used with individuals who have experienced trauma through sexual abuse, domestic violence, grief, disaster, terrorism, and multiple or complex trauma situations. The therapy sessions are often conjoint with youth and their parent(s)/caregiver(s).

TF-CBT is now a component of Seasons' therapy and counseling services. Decisions for implementing the therapy into sessions will be made on an individual basis, with collaboration between clients and Seasons' providers.

For more information or to make an appointment, call Seasons at 1-800-242-51041.

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*Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of psychiatric and behavioral health services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human service systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit [www.seasonscenter.org](http://www.seasonscenter.org) or call 1-800-242-5101.*

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