



THE ITTM

www.theittm.com

The Intergenerational Trauma Treatment Model

**Helping families deal with the
effects of trauma**

What is Trauma?

- Death of a friend or family member
- Abuse
- Separation from parent or caregiver
- Family breakup
- Abandonment
- Inconsistent access visits
- Violence
- Chronic/terminal illness
- Parental addictions

**Experiencing trauma can affect
your child's emotions and behaviour**

**ITTM is a three-phase trauma
treatment program for
children aged 3-18**



**Children's Mental Health
of Leeds & Grenville**

Accredited Children's Mental Health Agency
FREE • ACCESSIBLE • CONFIDENTIAL

Phases of the Intergenerational Trauma Treatment Model

Phase A

Phase A begins with six information sessions to help you understand and cope with the impact of trauma on you, your child, and your family. These sessions are in an educational format.

Phase B

In Phase B you will meet with a counsellor to help you learn new ways to look at yourself and your child's emotions and behaviour, and to develop a Trauma Treatment Plan for your child.

Phase C

In Phase C you, your child, and your counsellor will work together to implement the Trauma Treatment Plan.

**ITTM gives parents, caregivers,
and children the tools they
need to overcome the impact
of trauma, so they can feel
successful, connected,
and in control**

For More Information:

**Children's Mental Health
of Leeds & Grenville
779 Chelsea St., Suite BU
Brockville, ON
K6V 6J8
www.cmhlg.ca
1.800.809.2494
reachus@cmhlg.ca**