

TF-CBT Reference Sheet

*P - Psychoeducation (Information sharing with support) and parenting skills

- Educate Client on the specific type of trauma, and the emotional and behavioral reactions.
- Skills training for positive parenting, i.e., behavior management and effective communication.

R – Relaxation techniques

- Educate and practice relaxation techniques, i.e., focused breathing, progressive muscle relaxation (an anxiety reducing technique which tenses and relaxes muscles), and visual/guided imagery (a technique used to visualize relaxation).
- Parents may also benefit from these techniques.

A – Affective expression (The expressions individuals use to show their feelings, emotions, values, and beliefs) and regulation (balance/ stability)

- Help parent and child manage emotional reactions that relate back to the trauma
- Improve ability to identify and express emotions.
- Increase self-soothing activities (behaviors used to regulate).

C – Cognitive coping (use of mental activity and/or gained knowledge to cope) and processing (stages of evaluation)

- Education on the connection between thoughts, feelings and behaviors (for example, cognitive triangle).
- Explore and correct inaccurate or unhelpful thoughts related to trauma.

T – Trauma narration (exposing trauma memories in a safe space) and processing

- Begin gradual (slow paced) exposure, i.e., verbal, written, or creatively.
- Should recount the traumatic events
- Process inaccurate or unhelpful thoughts about the trauma.

I – In vivo exposure

- Gradual (slow paced) exposure to trauma reminders in the environment.
- Client should practice controlling their emotions during exposure

C – Conjoint (combining) parent child sessions

- Enhance communication if family.
- Create opportunities for a therapeutic discussion about the trauma.
- Create space for the child share the trauma narration if appropriate.

E – Enhancing safety and future growth

- Education on personal safety skills, interpersonal relationships (relationships and communications among people), healthy sexuality.
- Encourage use of skills learned for future stressors and trauma reminders.
- **Clients living in high risk environment's require safety planning in the beginning and throughout the treatment phase.**

TF-CBT is appropriate for...

- ✓ Children and adolescence who remember being exposed to one or more trauma
- ✓ Symptoms of PTSD
- ✓ Elevated depression anxiety or shame or dysfunctional (not typical) thoughts
- ✓ Trauma related behavioral problems, including inappropriate sexual behavior
- ✓ Non-offending parents or caregivers.

TF-CBT may not be appropriate if....

X -Child's primary problem is a serious conduct problem (aggressive or destructive behaviors)

X- Significant behavioral problems that existed prior to trauma

X - Extensive use of substances

X- Acutely suicidal

X- Exhibiting serious cutting behaviors or other parasuicidal behaviors (i.e. suicide gestures, cutting)