

TF-CBT PRACTICE COMPONENT TREATMENT PLANNER

PSYCHOEDUCATION

Trauma Type(s) to be Addressed:

Trauma Symptoms:

Family Considerations:

Psychoeducation Activity Ideas			
Family Member	Topic	Activity	Approximately which session(s)?
Youth	Understanding Trauma		
	Child's PTSD Symptoms		
	What to expect in treatment		
Parent	Understanding Trauma		
	Child's PTSD Symptoms		
	What to expect in treatment		
Conjoint	Understanding Trauma		
	Child's PTSD Symptoms		
	What to expect in treatment		
Homework			
Gradual			

Exposure Elements		
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Brave Bart

Example Activities

Educational Game:

- What Do You Know?
- Family Game Show

Testing Feedback:

- UCLA – Child
- UCLA – Parent
- PTSD Stoplight Sheet

Children’s Book:

- Jesse’s Story
- A Terrible Thing Happened

Educational Materials:

- Understanding Trauma
- PTSD in Children
- TF-CBT Model

Information Gathering:

- Guided Internet Search
- Radio Show Interview
- Public Service Ad Creation

Other Activities:

- _____
- _____

PARENTING

Caregiver(s) Involved in Treatment & Frequency of Participation:

Family Considerations:

Parenting Activity Ideas		
Family Member	Activity	Approximately which session(s)?
Parent		
Conjoint		
Homework		
Gradual Exposure Elements		

Example Activities

Behavior Plan:

- Time-Out
- Labeled Praise
- Active Ignoring
- Natural/Logical Consequences

Educational Materials:

- Parenting Traumatized Children
- Using Praise
- Behavior Management
- Parent-Child Communication

Skill Practice:

- Time Out
- Active Listening
- Giving Directions

Treatment Engagement Methods:

- Active Listening
- Motivational Interviewing Techniques
- Updating by Phone, Letter, Other:
- Incorporating Others into Treatment

Other Activities:

- _____
- _____
- _____

RELAXATION

Family Considerations:

Relaxation Activity Ideas		
Family Member	Activity	Approximately which session(s)?
Youth		
Parent		
Conjoint		
Homework		
Gradual Exposure Elements		

Example Activities

Diaphragmatic Breathing:

- Belly Breaths
- Color Breathing
- Bubble Breaths

Visualization:

- Script
- Mindfulness
- Grounding

Muscle Relaxation:

- Script
 - Cooked/Uncooked Spaghetti
 - Robots/Ragdolls
 - Young Child Relaxers Sheet
 - Teen/Adult PMR Script
- Other:

Other Activities:

- _____
- _____
- _____

Naturally Relaxing Activity:

- Yoga
- Sport
- Artistic
- Other:

AFFECT REGULATION

Family Considerations:

Affect Regulation Activity Ideas		
Family Member	Activity	Approximately which session(s)?
Youth		
Parent		
Conjoint		
Homework		
Gradual Exposure Elements		

Example Activities

Feeling Identification:

- Feelings Brainstorm
- Feelings in Your Body Drawing
- Emotional Bingo
- Charades
- Other:

- Feelings Bubbles
- Use pictures, cartoons, videos
- Artistic:
- Other:

Level of Feelings:

- Thermometer
- 1-10 Scale
- Review Scenarios
- Artistic:
- Other:

Parent-Child Activity:

- Game:
- Sharing Activity:
- Other:

Feeling Expression:

- Journaling

Other Activities:

- _____
- _____
- _____

COGNITIVE COPING

Family Considerations:

Cognitive Coping Activity Ideas		
Family Member	Activity	Approximately which session(s)?
Youth		
Parent		
Conjoint		
Homework		
Gradual Exposure Elements		

Example Activities

Teach Cognitive Triangle

(Think-Feel-Do) by:

Thought Stopping:

- Channel Switching
- Stop Sign Analogy
- Other:

Problem Solving:

- Turtle Steps
- STOP Technique
- Other:

Thought Changing:

- Review Scenarios
- Think, Feel, Do Log
- Questioning Techniques (e.g., Best Friend Example, Socratic Questioning)
- Other:

Thought Identification:

- Use Pictures, Cartoons, Videos
- Think, Feel, Do Log
- Journaling
- Thought Bubbles
- Other:

Parent-Child Activity:

- Game:
- Sharing Activity:
- Other:

Other Activities:

- _____
- _____
- _____

TRAUMA NARRATIVE

Family Considerations:

Mid-Treatment Re-Evaluation UCLA PTSD Reaction Index								
Child Total			Parent Total					
Re-Experiencing			Avoidance			Hyperarousal		
Symptoms	R/Y/G		Symptoms	R/Y/G		Symptoms	R/Y/G	
	Child	Parent		Child	Parent		Child	Parent
B1: Distressing Memories			C1: Avoiding Trauma-Related Thoughts/Feelings			D1: Sleep Problems		
B2: Nightmares			C2: Avoid Trauma Reminders			D2: Anger		
B3: Flashbacks			C3: Trouble Remembering Trauma Details			D3: Concentration Problems		
B4: Emotional Reactions to Reminders			C4: Less Interest in Activities			D4: On Guard/Watchful		
B5: Physical Reactions to Reminders			C5: Detached from Others			D5: Jumpy/On Edge		
Total Score			C6: Cut Off From Emotions			Total Score		
<u>PTSD Stoplight Sheet Colors</u> Red = 3-4 Yellow = 2 Green = 0-1			C7: Sense of Poor or Shortened Future			<u>Overall PTSD Score</u> Significant = 38 > Moderate = 33-37 Mild = 27-32		
			Total Score					

Trauma Narrative Preparations		
Gradual Exposure Intro - Parent(s)	Who will participate	
	To what extent	
	Level of parent prep needed	

Gradual Exposure Intro – Child	Approximately what session?	
	Introduction style	<input type="checkbox"/> Metaphor: <input type="checkbox"/> Read Book: <input type="checkbox"/> Review Psychoeducation on PTSD and Recovery <input type="checkbox"/> Other:
Techniques in Narrative Development	Check if Yes	Activity
		Create timeline
		Develop trauma event hierarchy
		Follow chapter format
		Include neutral narrative
		Dictation to therapist
		Child writes story
		Child types story
		Child draws with verbal review
		Review TN with child to select portions to share with parent
		Other:
Gradual Exposure Distress Management	Method for tracking child distress levels	
	Child Relaxers	
Methods for Managing Avoidance	<input type="checkbox"/> Review Rationale <input type="checkbox"/> Re-Read Book <input type="checkbox"/> Negotiate Time Spent on Activity <input type="checkbox"/> Praise/Reassurance <input type="checkbox"/> Prep Caregiver for Child Reactions <input type="checkbox"/> Other:	

IN VIVO DESENSITIZATION

Needed? Yes___ No___ Undetermined ___

In Vivo Area #1		
Specific Fear		
Sample Hierarchy (low distress – high distress)	Activity	Adult Involved
	1.	
	2.	
	3.	
	4.	
Homework		

In Vivo Area #2		
Specific Fear		
Sample Hierarchy (low distress – high distress)	Activity	Adult Involved
	1.	
	2.	
	3.	
	4.	
Homework		

COGNITIVE PROCESSING

Family Considerations:

Family Member	Challenging Cognitions	Methods Considered
Child	1.	<input type="checkbox"/> Socratic Questioning <input type="checkbox"/> Best Friend Example <input type="checkbox"/> Triangle Review <input type="checkbox"/> Responsibility Pie <input type="checkbox"/> Thought Log <input type="checkbox"/> Other:
	2.	<input type="checkbox"/> Socratic Questioning <input type="checkbox"/> Best Friend Example <input type="checkbox"/> Triangle Review <input type="checkbox"/> Responsibility Pie <input type="checkbox"/> Thought Log <input type="checkbox"/> Other:
Parent: _____	1.	<input type="checkbox"/> Socratic Questioning <input type="checkbox"/> Best Friend Example <input type="checkbox"/> Triangle Review <input type="checkbox"/> Responsibility Pie <input type="checkbox"/> Thought Log <input type="checkbox"/> Other:
	2.	<input type="checkbox"/> Socratic Questioning <input type="checkbox"/> Best Friend Example <input type="checkbox"/> Triangle Review <input type="checkbox"/> Responsibility Pie <input type="checkbox"/> Thought Log <input type="checkbox"/> Other:
Parent: _____	1.	<input type="checkbox"/> Socratic Questioning <input type="checkbox"/> Best Friend Example <input type="checkbox"/> Triangle Review <input type="checkbox"/> Responsibility Pie <input type="checkbox"/> Thought Log <input type="checkbox"/> Other:
	2.	<input type="checkbox"/> Socratic Questioning <input type="checkbox"/> Best Friend Example <input type="checkbox"/> Triangle Review <input type="checkbox"/> Responsibility Pie <input type="checkbox"/> Thought Log <input type="checkbox"/> Other:

ENHANCING SAFETY/SOCIAL SKILLS

Family Considerations:

Safety and Social Skills Activity Ideas		
Family Member	Activity	Approximately which session(s)?
Youth		
Parent		
Conjoint		
Homework		
Gradual Exposure Elements		

Example Activities

Personal Safety

Methods:

- No, Go, Tell Activity
- Safe/Unsafe People Education
- Safety Plan Development
- Scenario Reviews
- In-Session Practice

Sexual Boundaries

Methods:

- Educational Book/Workbook:

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- Okay/Not Okay Touches
 - Private Parts Rules
 - Hula Space

Healthy Sexuality

Methods:

- Educational Book/Workbook:
- Scenario Reviews
- Healthy Dating and Relationships

Caregiver

Methods:

- Educational materials
- Supervision guidelines
- Home Safety Planning

Parent-Child Activity

Methods:

- Joint Safety Planning
- Joint Book/Materials Review
- Skills Practice

Other Activity: