

# CBT for Trauma and Depression Flow

Common Elements
Essential Elements
Caregiver Tasks

**Assessment and Engagement**

CATS (7 - 17)  
CATS Caregiver (7 - 17)  
CATS Caregiver (3 - 6)

PHQ-9 (12+) OR  
MFQ (8 - 11)

**Psychoeducation**

**Coping Skills**

Caregiver behavior management skills (as needed)

Caregiver Safety Planning (as needed)

**Imaginal Exposure (Trauma Narrative)**

Caregiver support for trauma processing

**Behavioral Activation**

Caregiver support for behavior activation

**Live Exposure**

Caregiver support for live exposure

**Cognitive Processing**

**Child and Caregiver Trauma Share**

Caregiver assessment and preparation