

TF-CBT

Treatment Components

- **Assessment**
 - Standardized measures
 - Observation
 - Child/family perspective
- **Engagement**
 - Motivational interviewing
 - Establishing a therapeutic alliance
 - Client statement of need for change and buy-off on intervention
 - Identifying and removing barriers to participation
- **Psycho education**
 - Trauma reactions
 - CBT model and process
 - Systems
- **Emotion Regulation Skills**
 - Relaxation training
 - Feelings identification and expression
 - Behavioral Activation
 - Anger/Impulse control
 - Cognitive coping
 - Thought stopping
 - Mindfulness
- **Cognitive Processing**
 - Identifying maladaptive or unhelpful cognitions
 - Replacing maladaptive cognitions
- **Interpersonal Relationship Skills**
 - Problem solving
 - Communication
- **Trauma Processing**
 - Desensitization
 - In-vivo exposure
 - Creating the trauma narrative
- **Traumatic Grief**