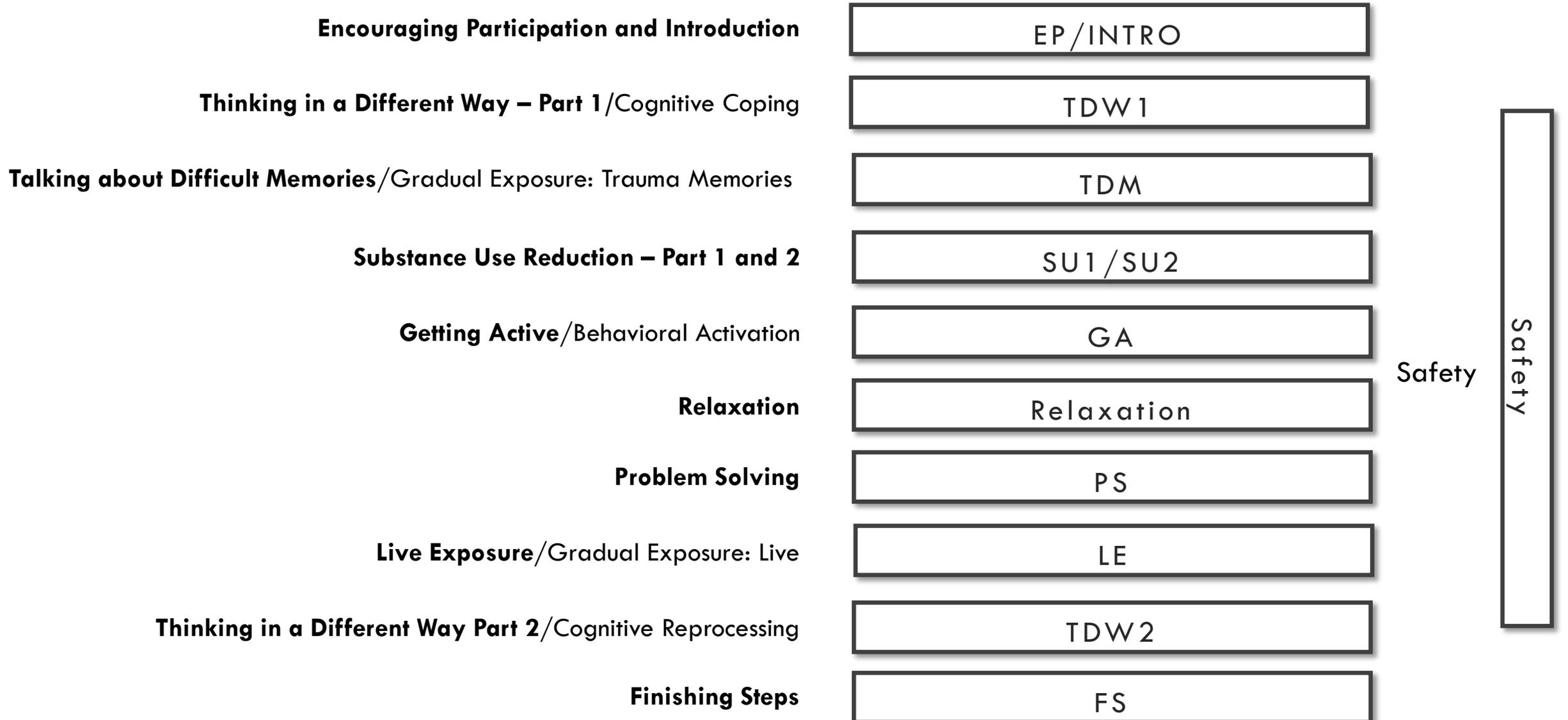


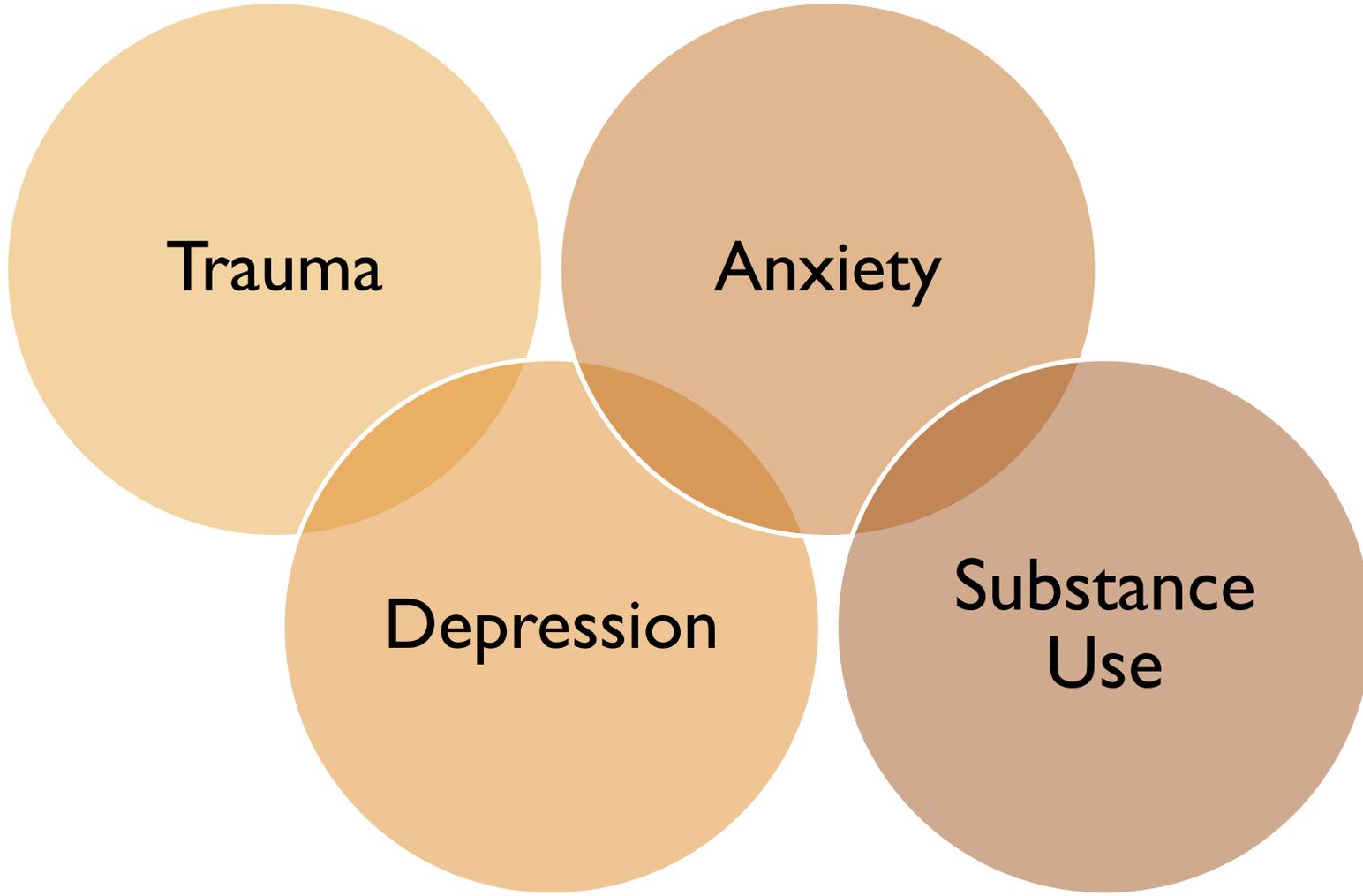
CETA

Session Flows

Note: These slides should only be utilized by trained CETA counselors. If you are a counselor or an organization with counselors that would like to be trained in CETA, please contact your local CETA trainer or info@CETAglobal.org.

CETA ELEMENTS





**BASIC CETA
FLOWS**

BASIC FLOWS

Trauma Flow

Encouraging Participation/Introduction (EP/INTRO)

Thinking in a Different Way 1 (TDWI)

Talking about Difficult Memories (TDM)

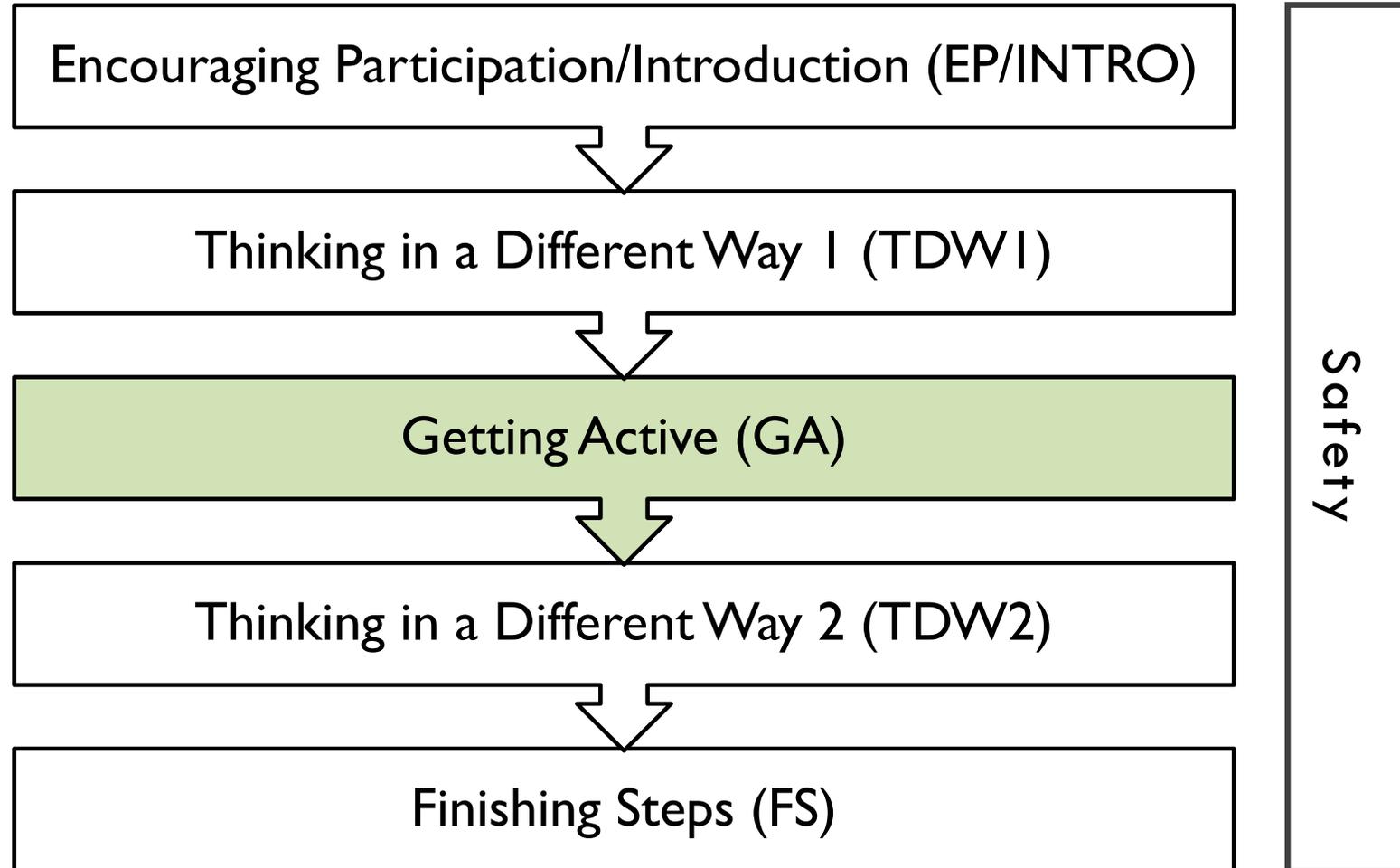
Thinking in a Different Way 2 (TDW2)

Finishing Steps (FS)

Safety

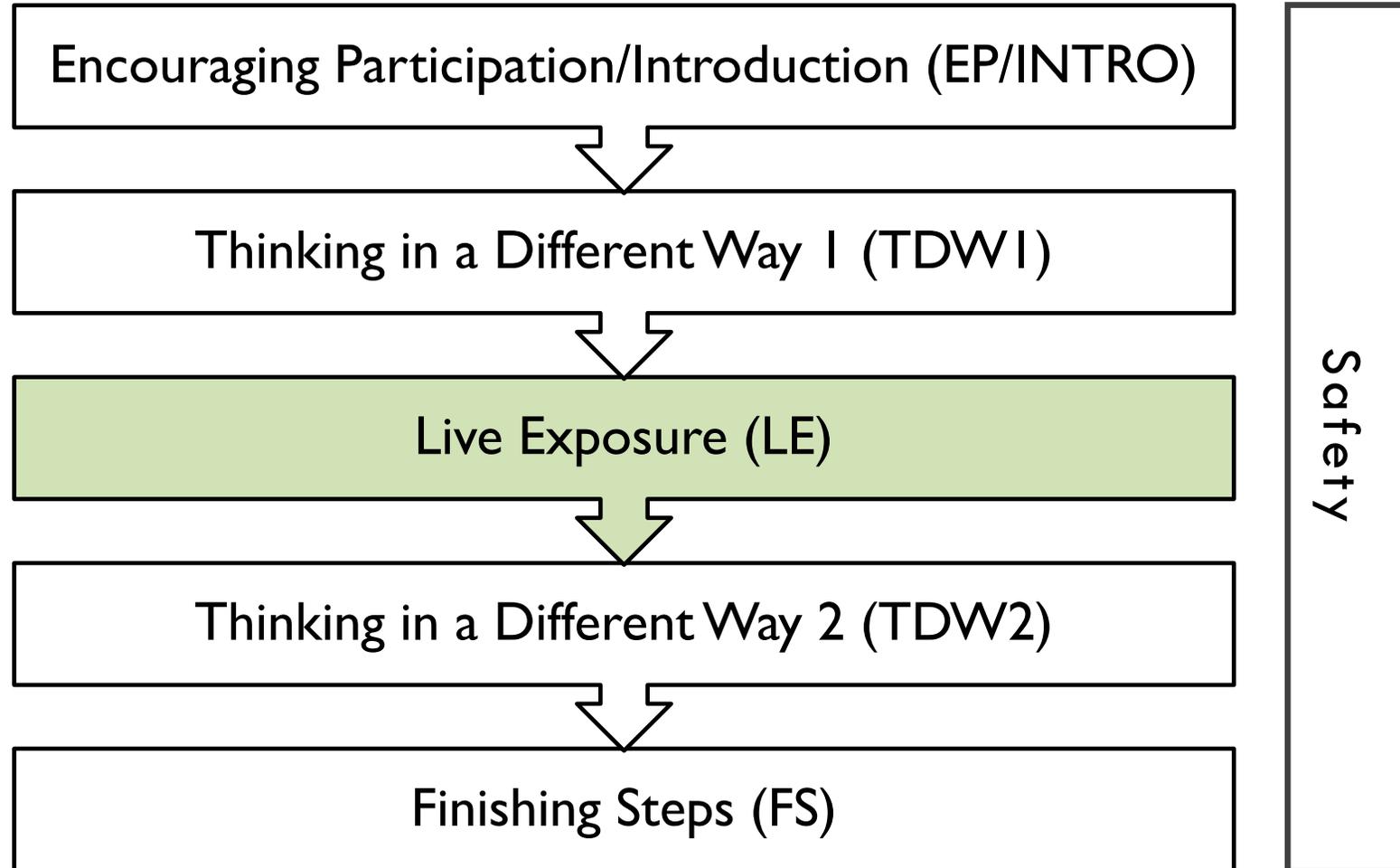
BASIC FLOWS

Depression Flow



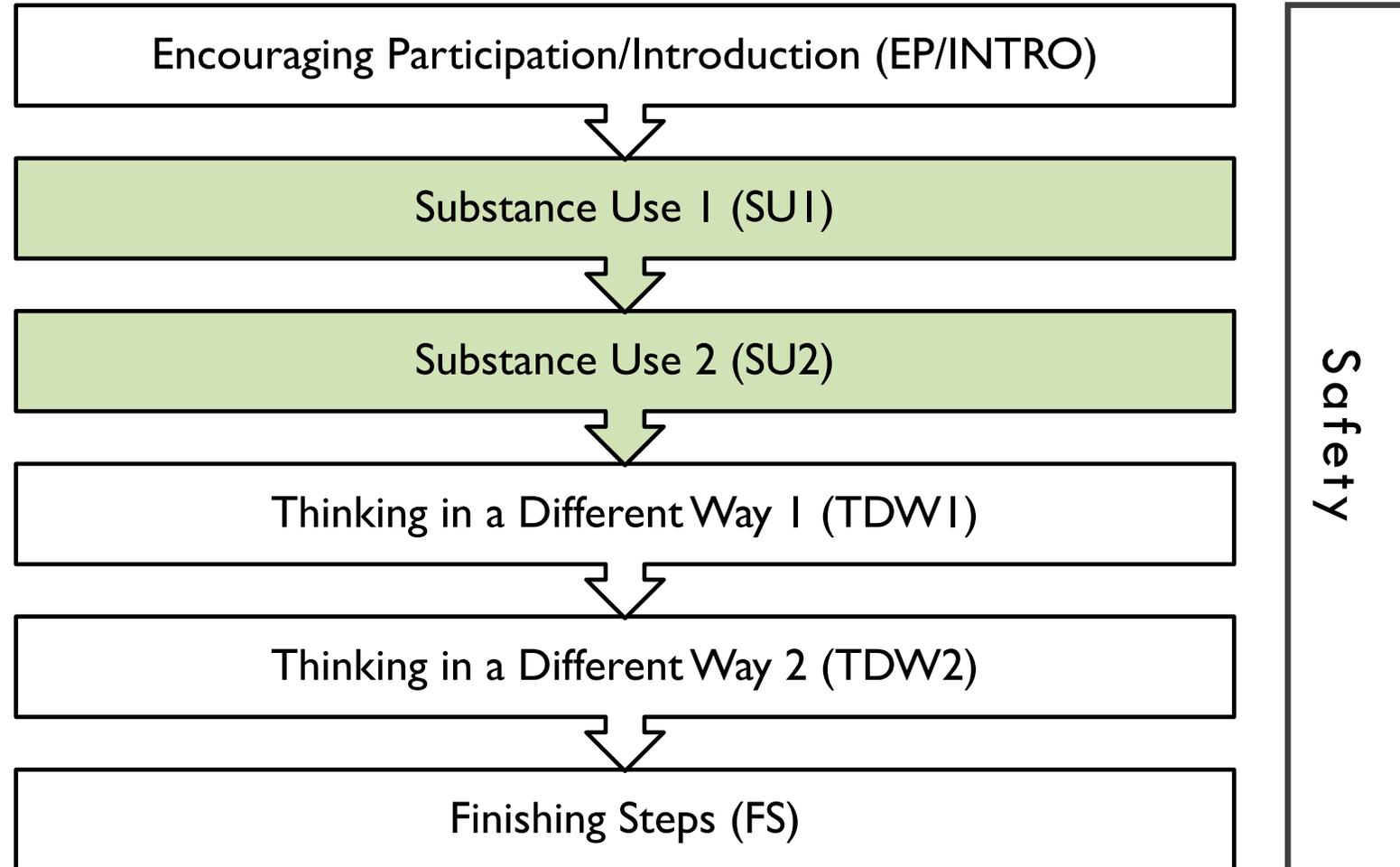
BASIC FLOWS

Anxiety Flow



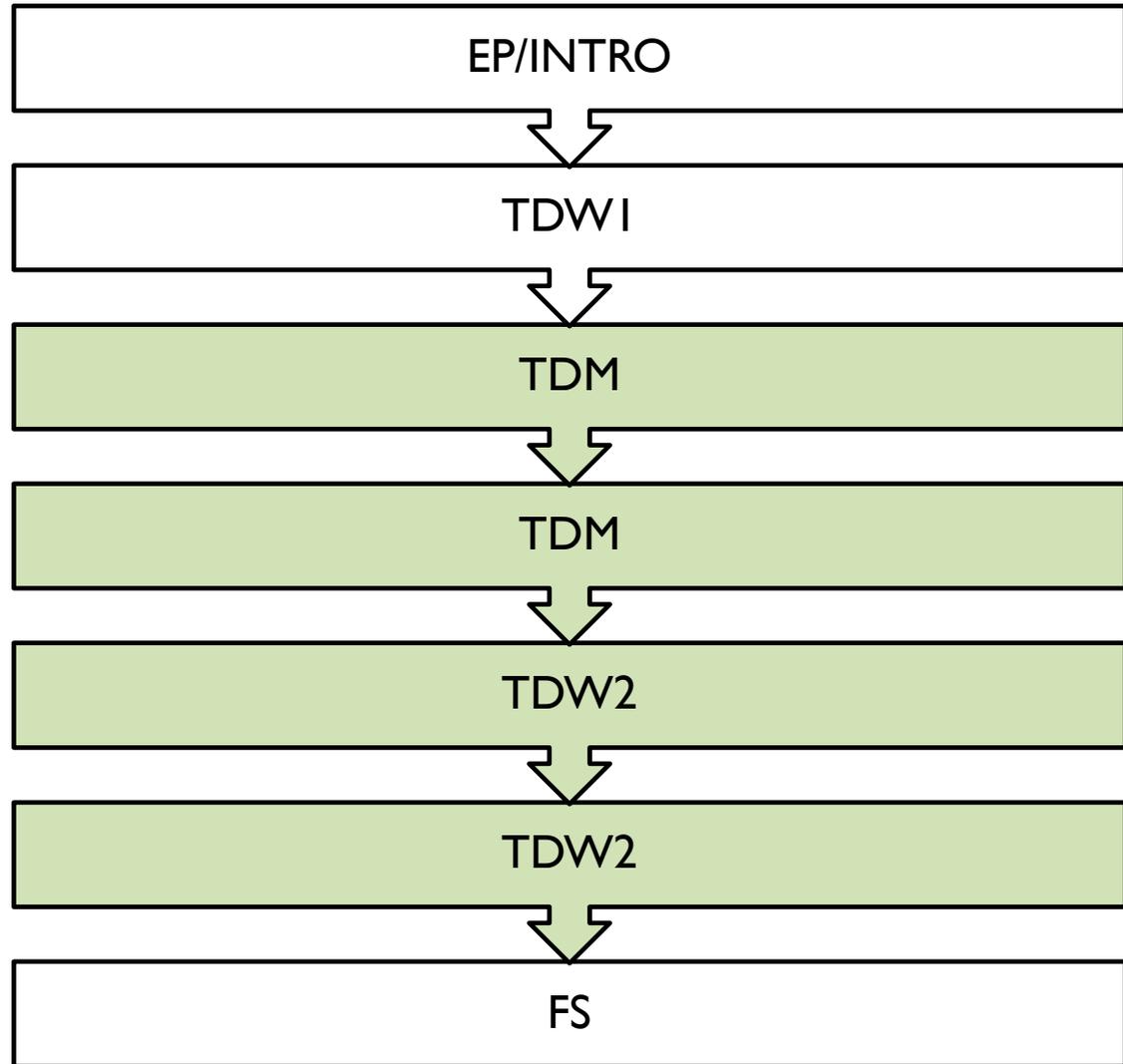
BASIC FLOWS

Substance Use Flow



Trauma Flow

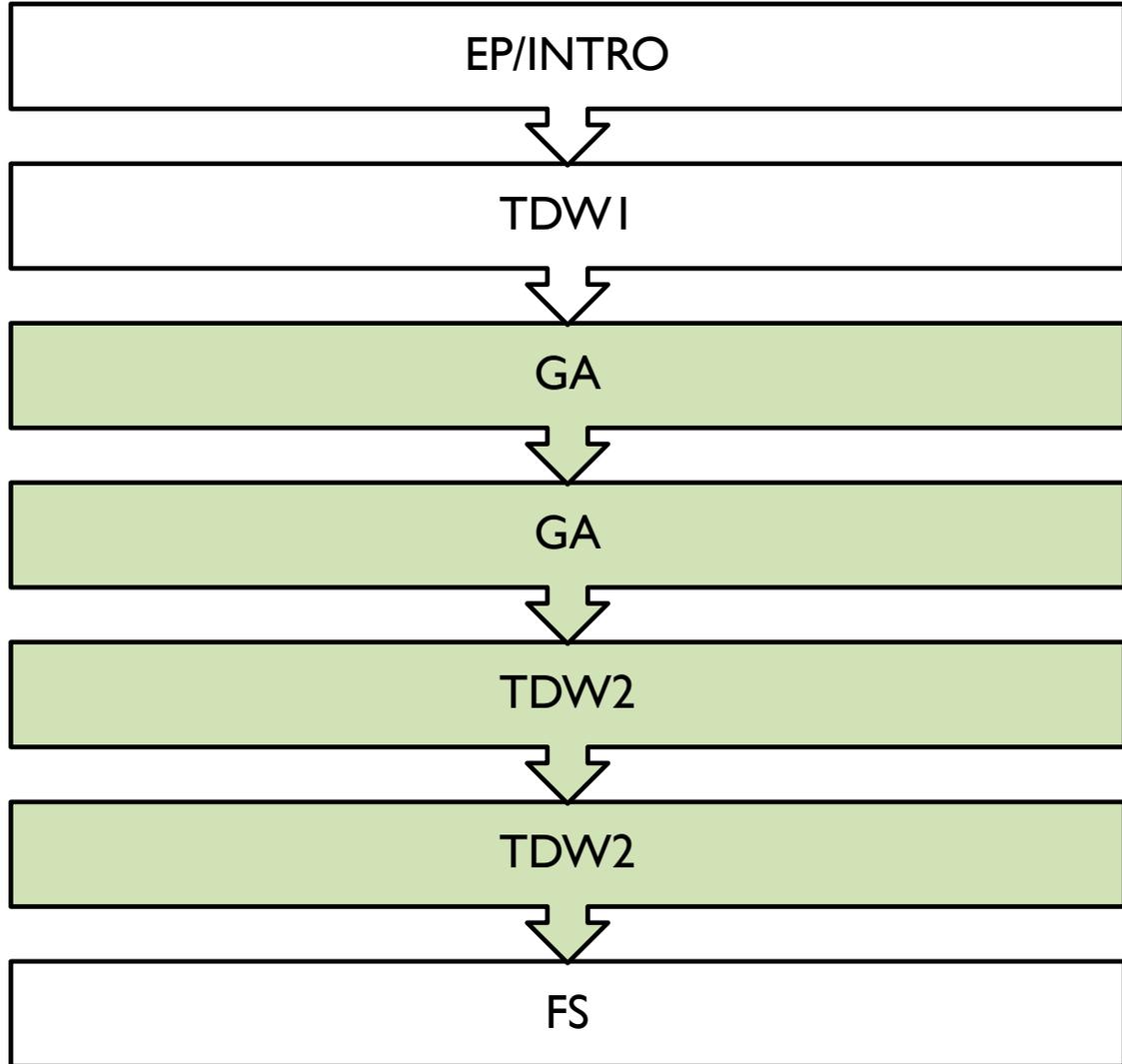
EXAMPLE
TRAUMA FLOW
WITH DOSING



Safety

Depression Flow

EXAMPLE
DEPRESSION
FLOW WITH
DOSING



Safety

Substance Use Flow

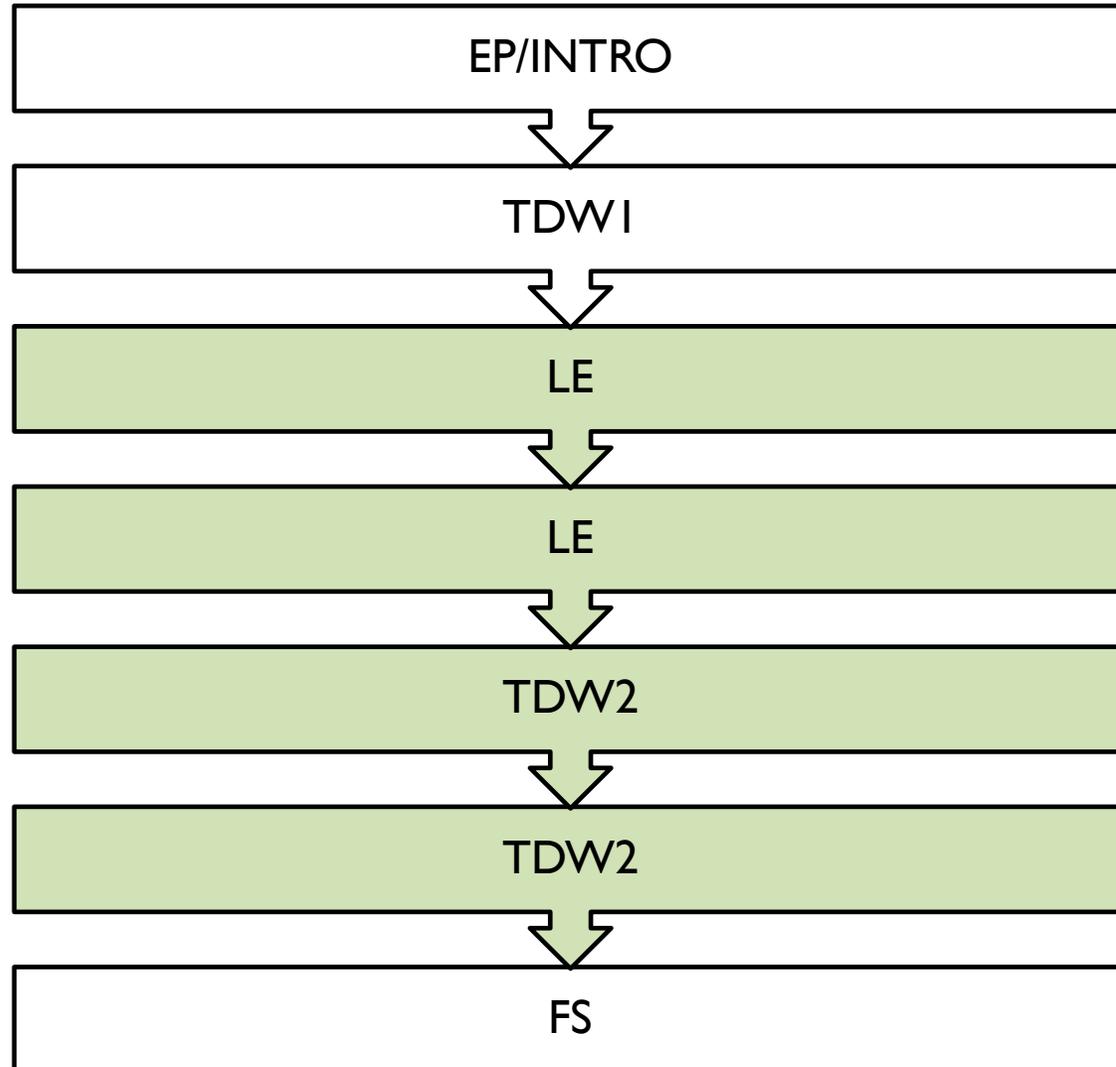
EXAMPLE
SUBSTANCE
USE FLOW
WITH DOSING



Safety

Anxiety Flow

EXAMPLE
ANXIETY FLOW
WITH DOSING



Safety

CHOOSING PRIMARY FLOW WITH MULTIPLE TREATMENT TARGETS

- Trauma + Depression
- Depression + Substance Use
- Trauma + Substance Use
- Depression + Anxiety
- Anxiety + Substance Use
- Anxiety + Trauma

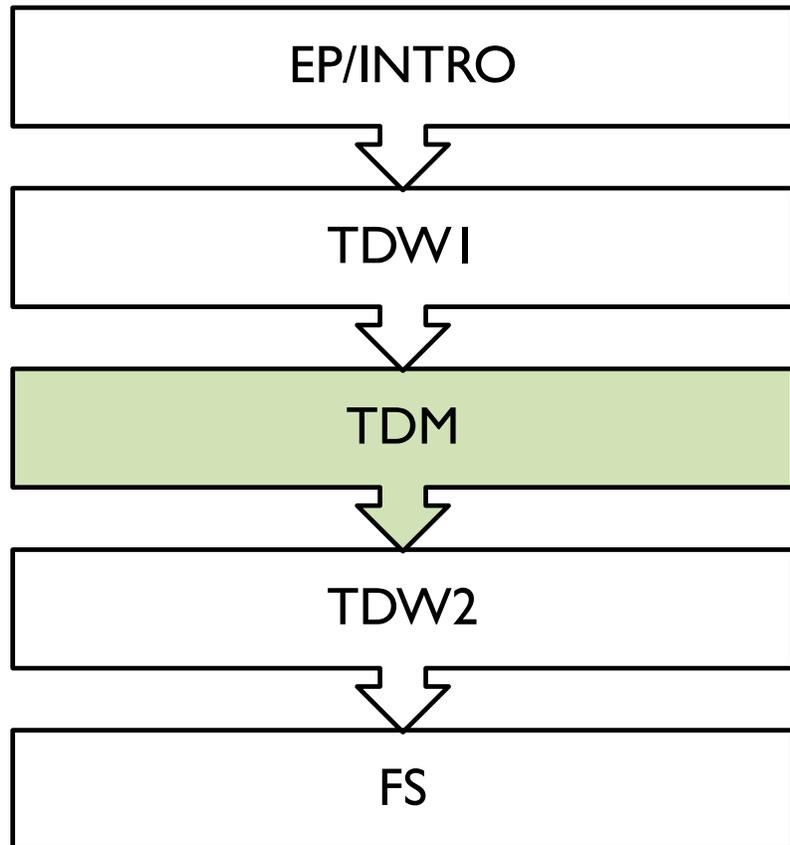
In some cases, you may complete individual flows for different treatment targets. For example, in a case where trauma is the primary focus, but the client is a high suicide risk, you may need to complete a depression flow focused specifically on depression related thoughts and behaviors prior to starting the trauma flow.

In some cases, you may combine elements from two flows into one. For example, in some cases, you may do the common elements, but add the essential elements for both trauma and depression as part of the same flow.

EXAMPLE
FOR
MULTIPLE
TREATMENT
TARGETS

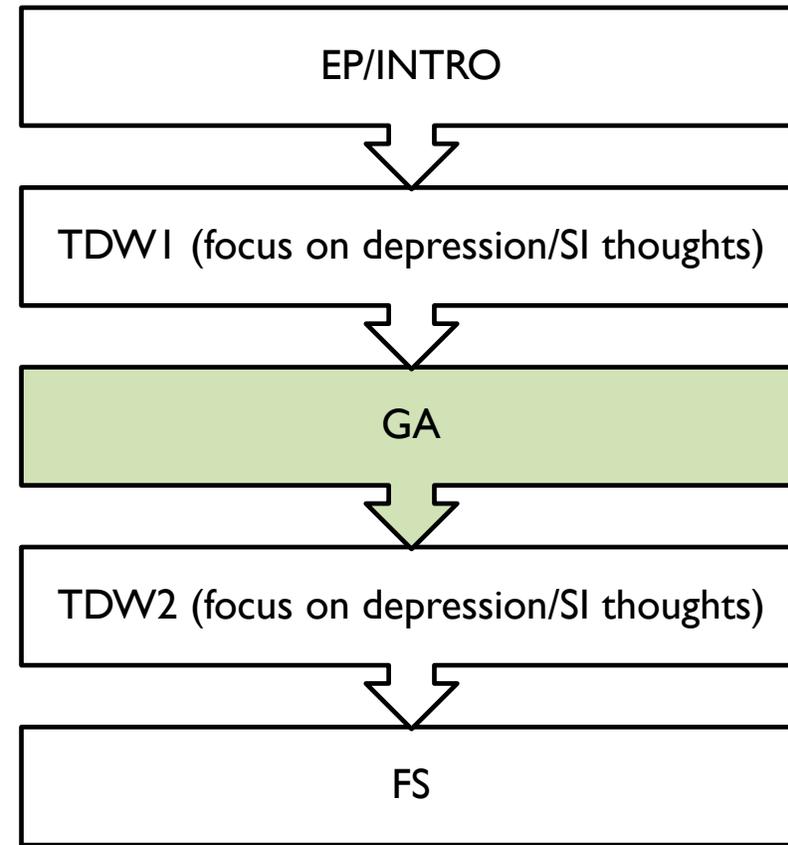
Trauma + Depression *(Option #1)*

Trauma *(Primary)*



Depression

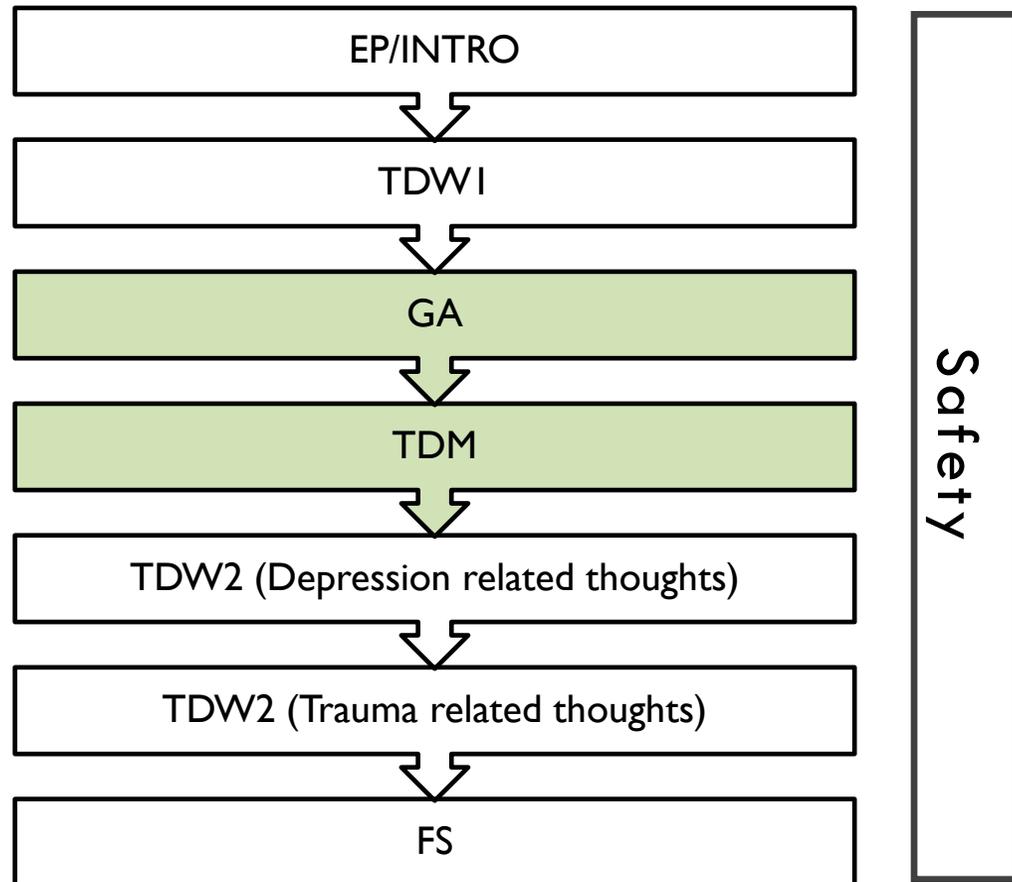
(Need prior to Trauma Flow Due to High Suicide Risk)



EXAMPLE
FOR
MULTIPLE
TREATMENT
TARGETS

Trauma + Depression (Option #2)

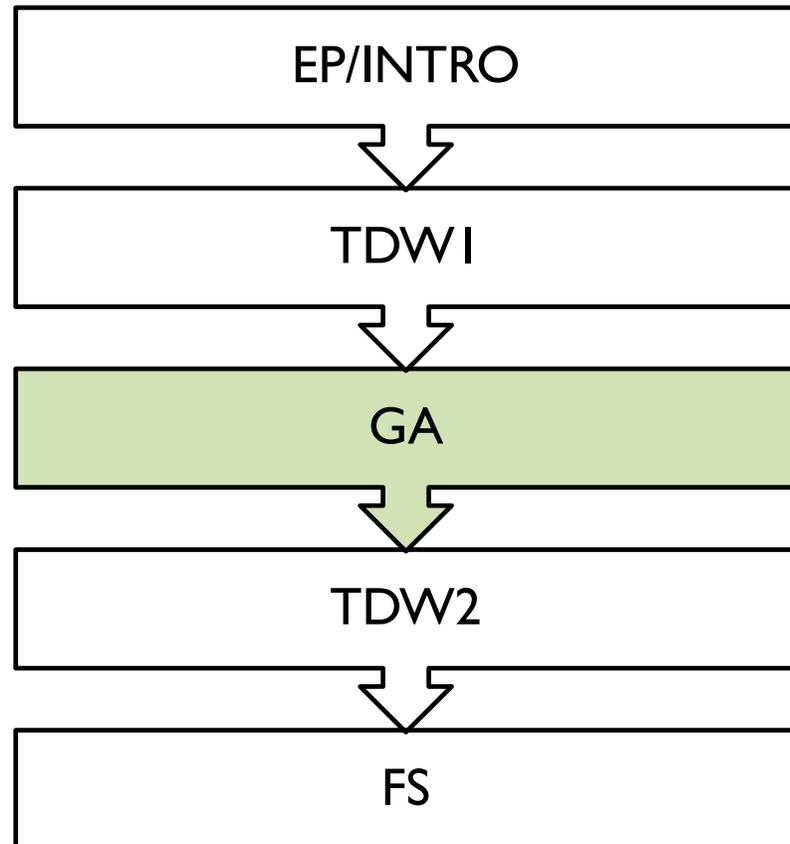
Trauma + Depression (Combined Flow)



EXAMPLE FOR
MULTIPLE
TREATMENT
TARGETS

Depression + Substance Use *(Option #1)*

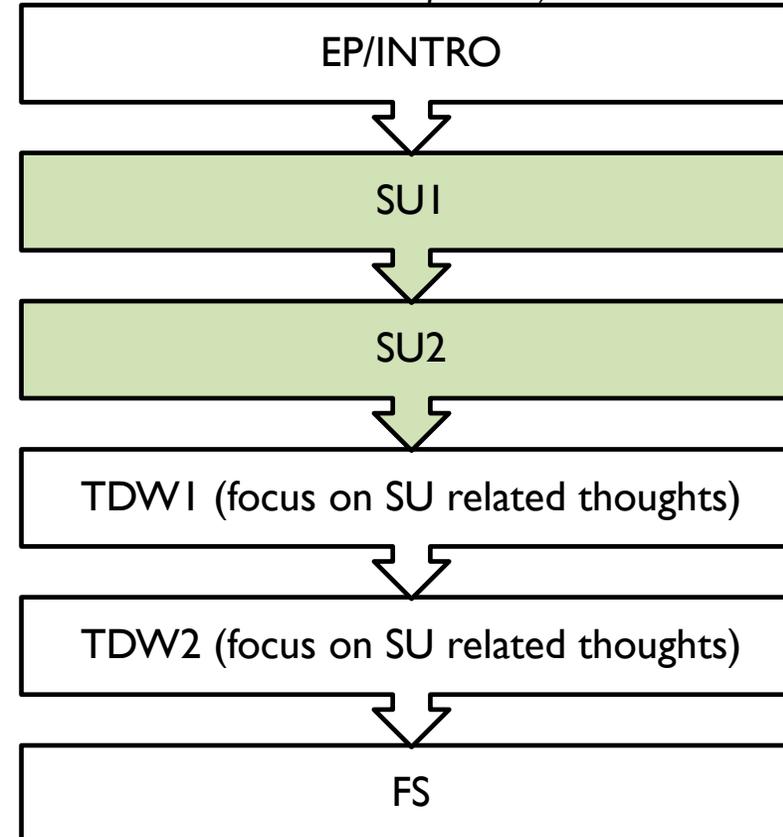
Depression *(Primary)*



Safety

Substance Use

(Substance Use is a safety concern and interfering with work on depression)

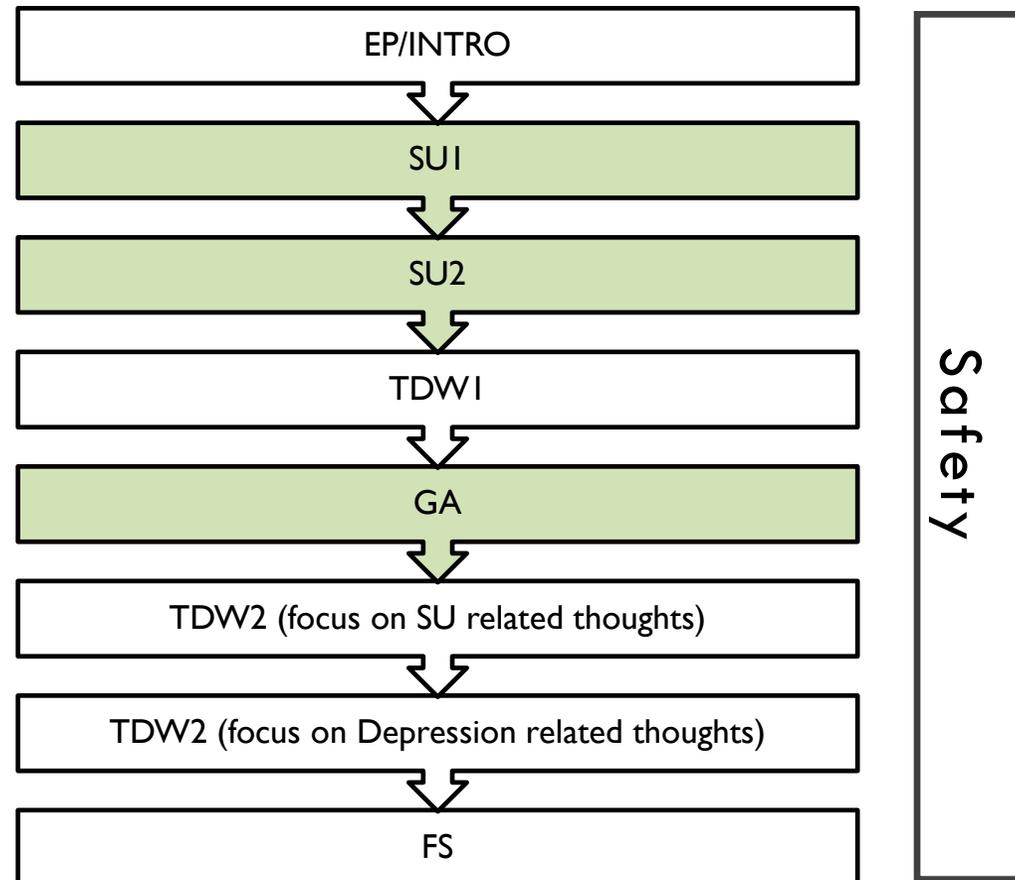


Safety

EXAMPLE
FOR
MULTIPLE
TREATMENT
TARGETS

Depression + Substance Use *(Option #2)*

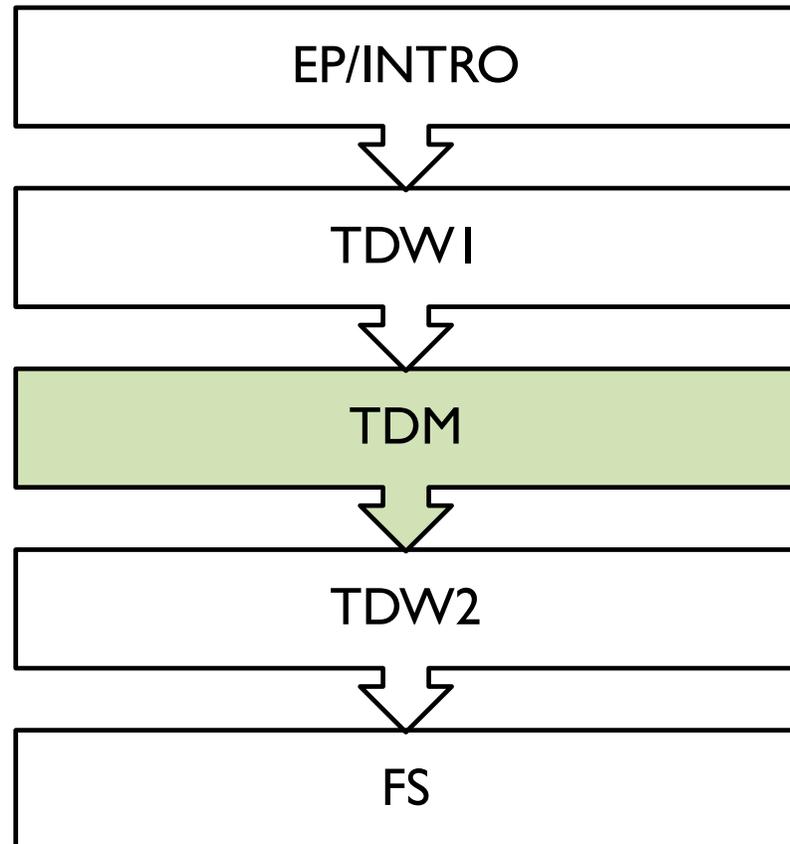
Depression + Substance Use *(Combined Flow)*



EXAMPLE
FOR
MULTIPLE
TREATMENT
TARGETS

Trauma + Substance Use *(Option #1)*

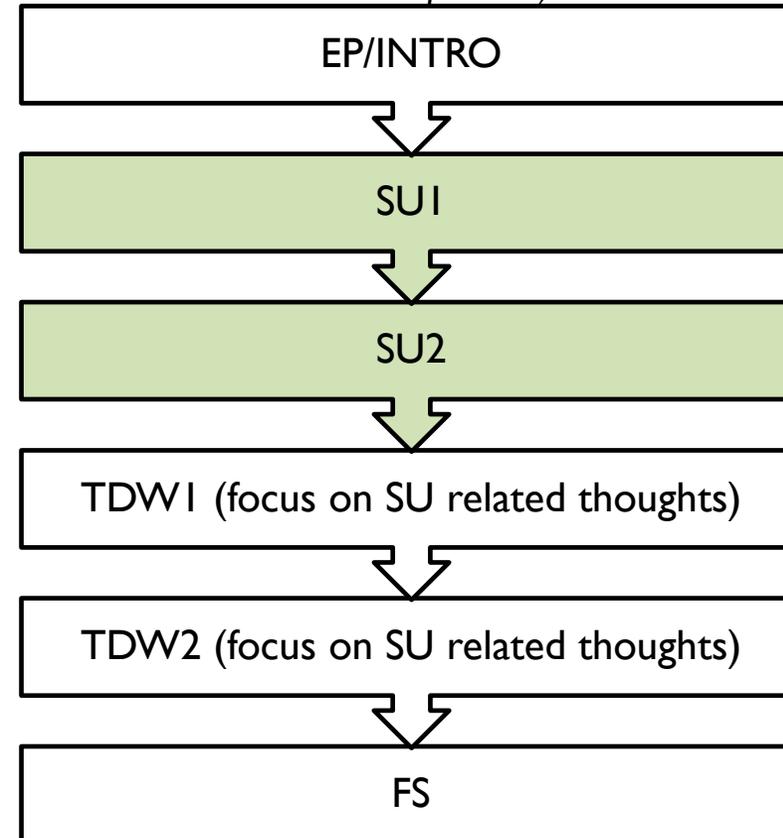
Trauma *(Primary)*



Safety

Substance Use

(Substance Use is a safety concern and interfering with work on depression)

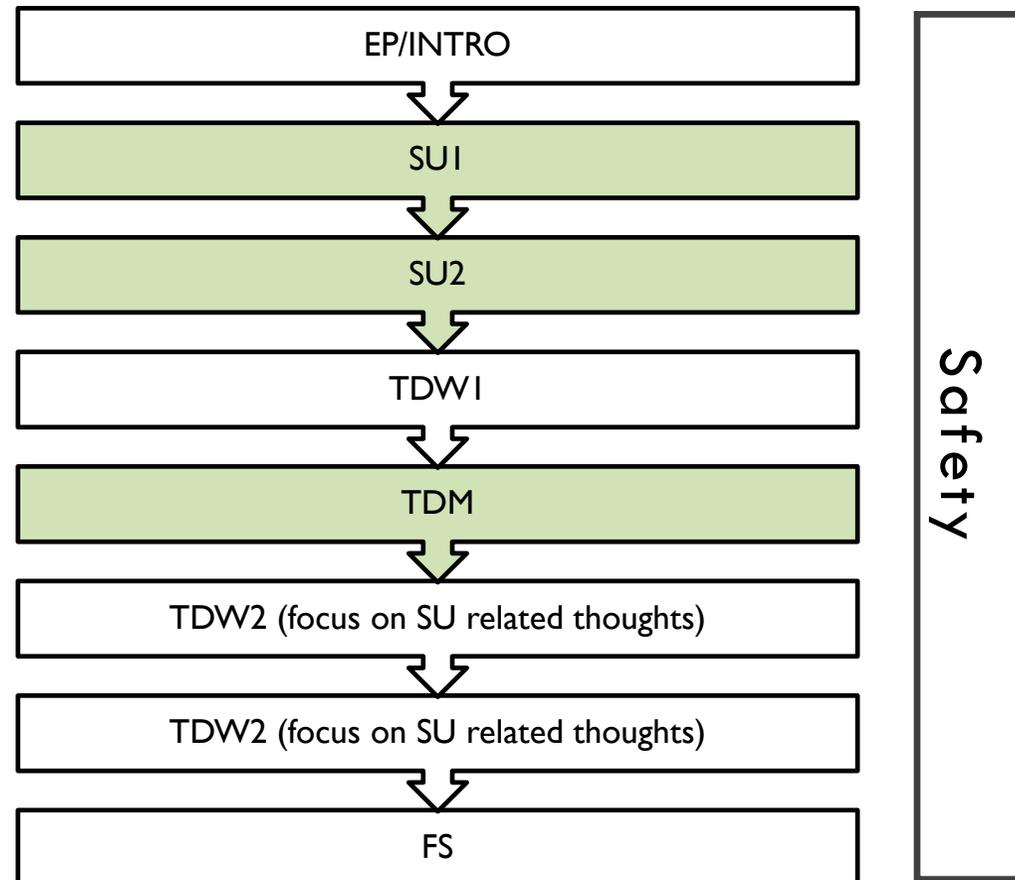


Safety

EXAMPLE
FOR
MULTIPLE
TREATMENT
TARGETS

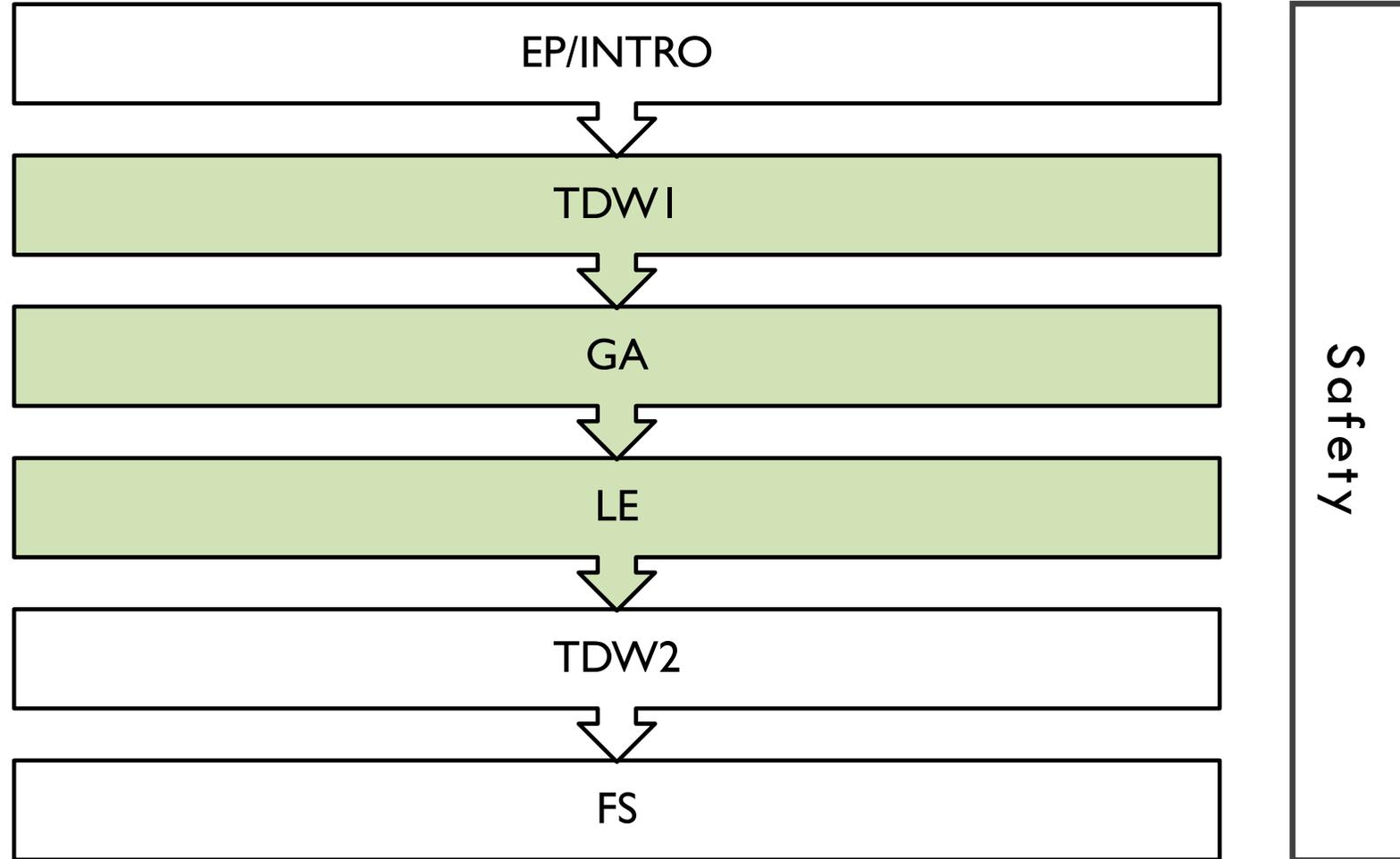
Trauma + Substance Use *(Option #2)*

Trauma + Substance Use *(Combined Flow)*



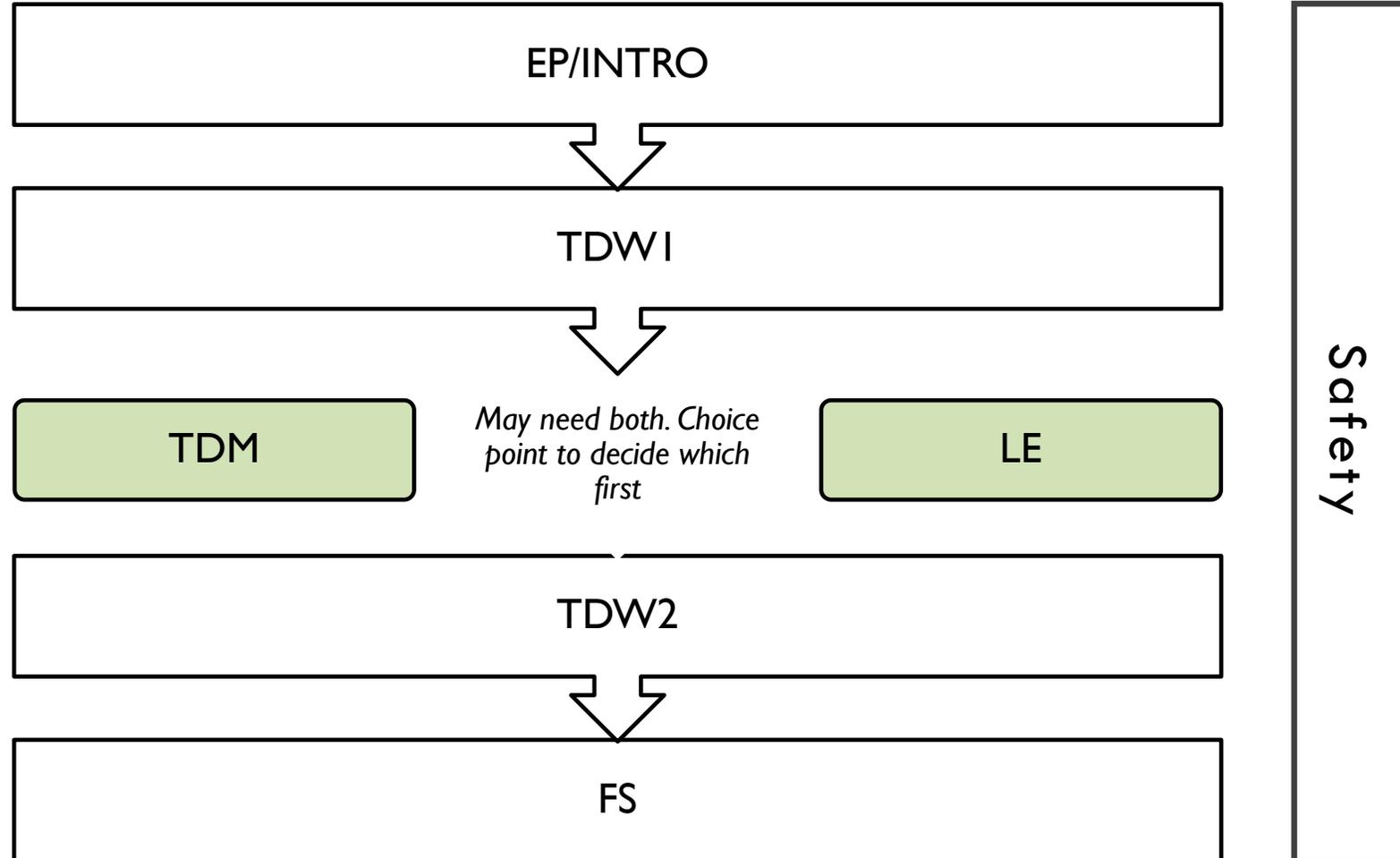
EXAMPLE
FOR
MULTIPLE
TREATMENT
TARGETS

Depression + Anxiety Flow



EXAMPLE
FOR
MULTIPLE
TREATMENT
TARGETS

Trauma + Anxiety Flow



DECISION MAKING RULES

DOSING

Talking About Difficult
Memories (TDM)

Almost always at least two sessions

Thinking in a Different
Way 1 (TDW1)

Typically, only one session

Thinking in a Different
Way 2 (TDW2)

Typically, more than one session

Getting Active (GA) and
Substance Use (SU)

Always check in at beginning of session

Note: Not considered another dose of the component unless adding new information or skills

DECISION MAKING RULES

HOMEWORK

Beginning Of Each
Session

Check homework from previous component

End Of Each Session

Assign homework from session component

DECISION MAKING RULES

ADD-ON COMPONENTS

Relaxation

Only added if client's anxiety symptoms are interfering with session or if client has sleep or somatic symptoms

Problem Solving

Added if individual reports a lot of everyday problems

Finishing Steps

Only 15-20 minutes. Should not be full session by itself