Affective Modulation:
Introducing and Working on a Skill

Remember approximately 5-10 minutes. Do not review the goals of the behavioral rehearsal task. This is meant to provide an estimate of clinician fidelity for this component. Do not interrupt the therapists rehearsing to provide feedback. After the rehearsal, provide feedback on strengths and needed improvements.

PROMPT FOR THERAPIST

Please show me how you would introduce the concept of Affective Modulation and then prepare the child to be able to independently use one strategy.

SUPERVISOR INSTRUCTIONS

None.

EXPECTATIONS

- ☐ * ***Conveys in plain language*** that we can do things to manage/change our feelings (i.e., calm down when upset).

- ☐ * ***IDs one or more ways*** client can feel better (best if offers choices and/or IDs skills child already uses), (can be behavioral, cognitive, calming, support seeking, problem solving, a whole RANGE of things!))

- ☐ * ***Teaches or models*** skill as appropriate (i.e., if skill is new to client)

- ☐ * ***Practices together*** as appropriate (i.e., if skill can be practiced in session)

- ☐ * ***Evaluates impact*** of using the skill (using pre/post feelings rating or informal client self-report)

- ☐ * With child, ***explores potential helpfulness of the skill*** (e.g., "Do you think you could use this at school when you're feeling scared?" "When could you use this?")

- ☐ * ***Links skill use to trauma-related distress*** (e.g., managing triggers, PTS symptoms)

FEEDBACK

Strengths (Adherence & Skill)	
Areas to Improve (Adherence & Skill)	

OTHER TOPICS OR COMMON CHALLENGES YOU MIGHT WANT TO DISCUSS WITH THE CLINICIAN...

- WHAT skill(s) does the clinician want to teach this client? (Consider developmental level, interests, what is feasible in child family/life context?)

- HOW will the clinician teach skills in an engaging way? (Consider developmental level, interests; possible vehicles such as using internet, physical props?)

- Parent involvement (e.g., having child demonstrate skill to parent, having parent support skill use at home)?

- How to address homework non-compliance or in-session resistance?