

## Sample TF-CBT Note Documentation

### FIRST TRAUMA NARRATIVE SESSION

The goal of this session was to begin gradual exposure preparation for child and caregivers, including the creation of a gradual exposure safety plan and a gradual exposure hierarchy. All goals were met.

During individual time with caregivers, the therapist explained the process of gradual exposure. Caregivers discussed their thoughts and feelings about this next phase of treatment and asked questions about the gradual exposure process. The therapist discussed potential avoidance behaviors and symptom increases that may be observed in the child during this portion of treatment and reviewed methods that the parents may utilize to support their child if these occur.

During individual time with the child, the therapist began the session by conducting a feelings check and engaging in a brief relaxation activity with the child. Next, the therapist engaged the child in the creation of a gradual exposure safety plan, identifying the number on the child's feelings scale at which a relaxer break will be conducted (8 on the 0-10 scale), and preferred relaxers to use when distress levels rise (color breaths and muscle relaxers). The therapist and child then developed a timeline of positive memories and traumatic events in order to create the gradual exposure hierarchy. Color breathing was conducted at the conclusion of this time to support the child's transition to the combined portion of the session.

During the combined session time, the child was encouraged to lead everyone in a series of relaxers, including a grounding activity. The family was then guided in developing a home activity plan for child and family self-care, including daily practice of relaxers.

### TRAUMA NARRATIVE DEVELOPMENT SESSIONS

The goal of today's session was to continue gradual exposure to the child's trauma memories.

The therapist began the individual time with the child by conducting feelings checks and engaging in brief relaxation activities led by the child. The child's home activity was reviewed. The therapist then reviewed the child's gradual exposure safety plan. Gradual exposure was conducted on the second of two trauma memories. Feelings checks and relaxation breaks were utilized as needed to support the child's exposure process. The child was asked to identify portions of the memory that the therapist could share with the caregiver(s) in the next portion of this session in preparation for the conjoint parent-child session to take place later in treatment.

The final 10 minutes of the child's session was used for grounding activities designed to reduce distress related to the gradual exposure process.

During individual time with caregivers, the therapist continued with a review of the child's gradual exposure progress. Caregivers shared their reactions to the child's progress and the therapist normalized their thoughts and feelings. The therapist reviewed the parents' encouragement of coping skills use in their child to manage distress between sessions.

During the combined session time, the child was encouraged to lead everyone in a series of relaxers, including a grounding activity. The family then their home activity plan for child and family self-care, including daily practice of relaxers.