

## **The Traveling Therapist TF-CBT Tools**

### 1. Paperwork:

- A. Folders for each module with copies of handouts made to give to parents. This also includes things like the information on sex abuse and brochures about safe sex, etc.
- B. If seeing a child separately, like at school, I have notes I send home to parents about what the child worked on that day.
- C. Laminated:
  - i. Thermometer
  - ii. Cognitive Triangle
  - iii. Feelings Faces
- D. Each child has their own three-ring binder filled with white paper. As we go through the model, everything, including the narrative, goes in there.

### 2. Books:

- A. Jesse's Story
- B. Strong at the Heart
- C. Where did I come from?
- D. What's happening to me?
- E. My Many Colored Days or some other feelings book
- F. Andrew's Angry Words
- G. Etc.

### 3. Coping:

- A. Sensory stuff for grounding.
  - i. Cotton balls
  - ii. Sand paper
  - iii. Plastic bag of beans or rice

- iv. Smelly things - like coffee grounds and a vanilla candle
  - v. Strong flavors - like sour patch kids, chocolate, and mints
  - vi. Picture of the beach or mountains or cute animals
  - vii. Play-doh
  - viii. Lotion
  - ix. Koosh ball
  - x. Feather
- B. Remote control, to remind kids to “change the channel” of negative thoughts or intrusive feelings.
- C. Different colored sunglasses, to remind kids to “change your lens or perspective.”
- D. Reminders of guided imagery, like sand (for the beach) or cotton balls (for clouds).
- E. For breathing:
- i. Balloons
  - ii. Bubbles
  - iii. Picture of chocolate and lit candle
4. General things that could be used for feelings identification and other stuff:
- A. White board and colored markers to help diagram stuff (such as the cognitive triangle).
  - B. Markers and paper to illustrate.
  - C. Beads and string to use when the child is talking about trauma.
  - D. Scissors, glue stick, and tape for cool ideas kids might think of while you are working together.
  - E. 10 copies of the feelings-faces pictures.
  - F. Different sized stickies.
  - G. Stickers.
5. For psychoed:
- A. “What Do You Know” cards.