

PRACTICE

Psychoeducation and Parenting Skills

Relaxation

Affective Modulation

Cognitive Coping

Trauma Narrative/Cognitive Processing

In Vivo Desensitization

Conjoint Parent-Child Sessions

Enhancing Future Safety and Development

Overarching Goals

- Begin Exposure
- Normalize child's experiences
- Instill hope for treatment & their future
- Reduce blame and shame
- Reduce isolation
- Increase openness in family