

# Section of Developmental and Behavioral Pediatrics

## CCAN Clinic

P.O. Box 26901; 4N 4900  
Oklahoma City, OK 73190  
(405) 271-8858  
(405) 271-2931 (fax)

## Child Study Center

1100 NE 13<sup>th</sup> Street  
Oklahoma City, OK 73117  
(405) 271-5700  
(405) 271-8835 (fax)

### Child Trauma Services Program Treatment Plan

Client Name: \_\_\_\_\_ MRN#: \_\_\_\_\_  
Gender: \_\_\_\_\_ Date: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Caregiver(s): \_\_\_\_\_  
Age: \_\_\_\_\_

- Initial Treatment Plan  
 Updated/Revised Treatment Plan

#### Diagnosis:

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Trauma-Focused Cognitive-Behavior Therapy (TF-CBT) will be delivered to the child and caregiver via individual, and family treatment sessions. Improvements in symptoms will be monitored with the Child and Adolescent Trauma Screen (CATS).

#### **Goal 1: Increased understanding of the impacts of trauma and development of skills to cope with trauma impacts.**

##### Objectives:

- Family will learn about trauma, common reactions to trauma (including identifying child's trauma triggers), and the treatment process
- Family will learn to identify and scale feelings and use coping skills to reduce distress.
- Child will develop relaxation skills and safety plan for use at home and in session.
- Child will learn and use the connection between thoughts, feelings, and actions to promote helpful, accurate thinking.
- Caregivers will learn and use praise, rewards, and consequences to manage child behavior.

#### **Goal 2: Decrease emotional distress related to trauma memories and develop healthy understanding of trauma experiences.**

##### Objectives:

- Child will share their story of past traumas, including thoughts and feelings.
- Child will demonstrate use of coping skills to manage distress while sharing past experiences.
- Caregiver will support and praise child for sharing their story.
- Child will utilize coping skills to master distress to real-life reminders of trauma.

#### **Goal 3: Increase open communication and safety within family**

##### Objectives:

- Caregivers will reinforce healthy, accurate thoughts about the trauma.
- Child and caregiver will share together thoughts and feelings about trauma experiences.
- Family will develop and practice safety plan for any identified risks to emotional or physical safety.

**Other Goals:**

Comments by the client/caregiver:

- I agree with this treatment plan.
- I disagree with this treatment plan.

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Client

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Caregiver(s)

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Provider

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Supervisor

\_\_\_\_\_ I received a copy of this treatment plan.  
(Client/Caregiver Initials)