

TF-CBT Consultation Information

Participation in TF-CBT consultation conference calls is required after completion of the Introductory TF-CBT training. The goals of consultation are two-fold. First, consultation provides therapists the opportunity to seek advice and feedback on the real-life application of the TF-CBT model with clients. This greatly advances therapist skill and experience beyond the didactic training. Secondly, consultation serves to enhance therapist fidelity to the TF-CBT model. By walking through the PRACTICE components applied to a case, therapists can gain ideas and suggestions on how to be flexible and creative in meeting an individual client's needs, while staying true to the model.

Structure of Calls:

- 12 calls will be held, occurring twice per month for approximately 6-8 months (no calls held on holidays)
- Calls will be one hour
- Two therapists will be assigned as "Therapist of the Day" for each call and will present a case they are using TF-CBT. Each case will be staffed for ~20minutes.
- Each person will be Therapist of the Day approximately every two months; however, there is time available on calls to address questions on days you are not assigned as Therapist of the Day.

Requirements of Consultation:

- Each therapist must have a minimum of two active TF-CBT cases. Be in contact with your supervisor or whoever assigns cases at your agency to help ensure you have a case.
- Attend regularly and let us know if you will miss a call *ahead of time*.
- Complete and send in the Case Info sheet for each of your identified cases by the first call to oktf-cbt@ouhsc.edu
- Track your progress through consultation on the Shiny website <http://shiny.ouhsc.edu/TfcbtPublic/Shiny/TherapistProgress/>. Select your agency, then find your name under the 'Therapist Training' tab.
- Staffing a case through completion on the calls.

Getting the Most Out of Consultation:

- Identify more than one case to begin TF-CBT. This saves you from scrambling if a client drops out of treatment.
- Administer the CATS within the first few sessions and bring results onto the call with you. Re-administer the CATS at mid-tx and end of treatment.
- Plan to share the trauma narrative on the call. This is the newest skill in TF-CBT for most therapists and thus, the most helpful to get feedback on.
- Share your knowledge and skills with others on the call! We appreciate a group discussion and hearing of new creative ways to apply TF-CBT with clients.
- We know it can be anxiety inducing to staff your case ☺ Keep in mind our goal is to be supportive as you develop new skills. Feel welcome to share both successes and challenges in your case!