

TF-CBT Session Planning

Age/Gender: _____

Interests: _____

| Psychoeducation | Parenting | Relaxation | Affect | Cognitive Coping |
|--|-----------|------------|--------|------------------|
| | | | | |
| Trauma Focus (aka Gradual Exposure) in each component: | | | | |
| | | | | |
| Caregiver and Child Combined Time in each component: | | | | |
| | | | | |

* Spend 4 - 8 sessions in PPRAC before beginning Trauma Narration

TF-CBT Pacing

Time: 12-24 sessions

Parenting Skills

Gradual Exposure

Psychoeducation
Relaxation
Affective Modulation
Cognitive Coping

Stabilization
Phase

1/3

Trauma Narration
and Processing

Trauma Narrative
Phase

1/3

In vivo
Conjoint sessions
Enhancing safety

Integration/
Consolidation
Phase

1/3