

How to Implement TF-CBT Effectively?

01

Conduct a thorough assessment using the UCLA PTSD Reaction Index to evaluate trauma symptoms and create a detailed treatment plan with specific goals for each TF-CBT component.

02

Structure each 60-minute session with 10 minutes for check-in, 15 minutes for skill practice, 25 minutes for new content, and 10 minutes for wrap-up, involving caregivers in the last 15-20 minutes of every other session.

03

Adapt TF-CBT techniques for different age groups, using play-based activities for younger children and more abstract discussions for adolescents, while also considering cultural adaptations when working with diverse populations.

Tf Cbt Manual

L Darling-Hammond



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