The Balancing Act Between Fidelity and Flexibility in TF-CBT

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Fidelity to the Model

- Use of standardized trauma assessment
- Known or suspected traumas
- 3 contraindications
- The most common fidelity errors
Fidelity to the Model

- P
- PS
- R
- A
- C
- T
- I
- C
- E
Fidelity to the Model: Tools

• Fidelity Checklist
• Consultation outline
• Documentation of sessions
• Harborview Center for Sexual Assault TF-CBT checklist
Flexibility With the Model

- How much flexibility is too much?
- Young children
- Teens
- Caregiver involvement
- Trauma narrative flexibility