

# 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