Which PRACTICE component did you implement today? Mark only ONE component for each session.

Therapist Identifier:_____ (May also check caregiver participation for any session)

TF-CBT Treatment Component	Session #:	1	2	3	4	5	6	7	8	9	10
	Date:	/	/	/	/	/	/	/	/	/	/
Caregiver participation: Meet with caregiver > 15 minutes											
P: Provide psychoeducation about traumatic experiences, trauma reactions, youth's symptoms and trauma reminders **GE:** identify trauma triggers; use proper words for traumas and body parts											
P: Provide parenting skills (praise, selective attention, time out, contingency reinforcement) **GE:** connect parental response and youth's behavior problems to trauma											
R: Provide individualized relaxation skills **GE:** Connect use of relaxation skills to youth's trauma reminders											
A: Provide affect identification and modulation skills **GE:** Connect use of skills to youth's trauma reminders											
C: Introduce cognitive triangle; encourage more accurate/helpful thoughts **GE**: Help PARENT use cognitive coping for trauma related maladaptive thoughts											
T: Develop youth's trauma narrative in calibrated increments with thoughts, feelings and worst moments. Cognitively process maladaptive cognitions. Share with parent as TN is developed **GE:** Re-read the TN at the beginning of *each* session											
I: **GE**: Develop in-vivo desensitization plan for generalized avoidant behaviors											
C: Conjoint youth-parent sessions: share youth's TN ; youth and parent Q&A; improve communication **GE**: Share TN with parent or address other trauma related issues conjointly											
E: Address personal safety skills and assertive communication; increase awareness of problem-solving skills and/or social skills **GE:** Address safety skills related to youth's trauma											
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TF-CBT Treatment Component	Session #:	11	12	13	14	15	16	17	18	19	20
	Date:	/	/	/	/	/	/	/	/	/	/
Caregiver participation: Meet with caregiver > 15 minutes											
P: Provide psychoeducation about traumatic experiences, trauma reactions, youth's symptoms and trauma reminders **GE:** identify trauma triggers, use proper words for traumas and body parts											
P: Provide parenting skills (praise, selective attention, time out, contingency Reinforcement) **GE:** connect parental response and youth's behavior problems to trauma											
R: Provide individualized relaxation skills **GE:** Connect use of relaxation skills to youth's trauma reminders											
A: Provide affect identification and modulation skills **GE:** Connect use of skills to youth's trauma reminders											
C: Introduce cognitive triangle; encourage more accurate/helpful thoughts **GE**: Help PARENT use cognitive coping for trauma related maladaptive thoughts											
T: Develop youth's trauma narrative in calibrated increments with thoughts, feelings and worst moments. Cognitively process maladaptive cognitions. Share with parent as TN is developed **GE:** Re-read the TN at the beginning of *each* session											
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