



Keep the thermometers out at every session!

Keep the feelings ID out at every session!

Make Your Agenda for the Session Ahead of Time Based On These Ideas. (Make it right now while we're on the phone!)

1. Roll Call
2. Check in: who has questions about cases?
3. Announcements
4. TF-CBT Model: Relaxation

TF-CBT Model: Relaxation

Goal: Enable the child to use specific skills to reduce physiologic manifestations of fear, anxiety, stress and PTSD

Child Sessions:

- Purpose is to give children some tools/skills they can use to help cope with anxiety and trauma-related symptoms specifically
- Give child rationale for the different skills being taught
- Be sure to have sufficient time to practice skills in session
- Give homework for child to practice learned skills between sessions
- As with all components – be sure to tailor skills to the age/developmental level of the child
- Relaxation skills may include:
 - ▶ Focused or Controlled Breathing
 - ▶ Progressive muscle relaxation
 - ▶ Pleasant imagery
 - ▶ Calming words and response
 - ▶ Mindfulness or meditation skills
 - ▶ Other calming activities for child (e.g., listening to music, creating relaxation songs, prayer)

Caregiver Sessions:

Focus is to teach the caregiver the same skills taught during the child session. As an added bonus, caregiver may use the skills to cope with their own anxiety and trauma-related symptoms. Encourage the caregiver to practice these skills with their child during the week.