

TF-CBT Session Outline

Session #	Parent Agenda	Child Agenda
1A	<ul style="list-style-type: none"> • Intake • Explain program and treatment model 	<ul style="list-style-type: none"> • Intake • Explain program and treatment model
1B	<ul style="list-style-type: none"> • Assessment/measurements 	<ul style="list-style-type: none"> • Build rapport • Assessment/measurements
1C	<ul style="list-style-type: none"> • Present pre-treatment evaluation findings and cognitively frame symptoms as normal/common responses to stressful situations, but state that they can be problematic and decreased with treatment. • Review treatment plan and rationale (e.g., wound analogy, jack in the box) • EMOTIONAL EXPRESSIONS SKILLS • HOMEWORK: Positive praise 	<ul style="list-style-type: none"> • Build rapport by asking child general questions about non-abuse related events • Ask child open-ended questions related to abuse and why they are in therapy • Present evaluation findings and discuss PTSD • Explain treatment rationale (e.g., wound analogy) • Begin EMOTIONAL EXPRESSION SKILLS- developing an emotional vocabulary • HOMEWORK: Emotion Faces
2	<ul style="list-style-type: none"> • Review HOMEWORK: Praise • Encourage emotional expression and sharing of underlying thoughts as well. Introduce COGNITIVE COPING TRIANGLE and teach cognitive coping skills • Identify abuse-related feelings and underlying thoughts • Begin helping parent dispute dysfunctional thoughts, provide accurate information where appropriate • If the child is having severe behavior problems, focus time in the session on behavior management as well • HOMEWORK: Child Sexual Abuse Information Sheet Identifying your Problematic Thoughts and Thought log 	<ul style="list-style-type: none"> • Continue with EMOTIONAL EXPRESSION SKILLS- identifying own emotions and how he/she expresses them • Identify abuse-related emotions • Provide psychoeducation on thought-feeling-action connection. Introduce COGNITIVE COPING TRIANGLE. • Begin coping skills training (relaxation, affect modulation, self-talk, grounding, etc. • HOMEWORK: Feelings worksheets

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3	<ul style="list-style-type: none"> • Review homework • Explain COPING SKILLS used with child • Explain rationale for gradual exposure (wound) • Begin gradual exposure with the parent • Introduce behavior management (if not before) • HOMEWORK: Differential attention handout 	<ul style="list-style-type: none"> • Continue with COPING SKILLS. Make coping bag. • Provide psychoeducation on sexual abuse • HOMEWORK: Give homework sheet on sexual abuse information (this material has also been covered in the session during psychoeducation)
3A	<ul style="list-style-type: none"> • JOINT SESSION regarding feelings and/or coping 	<ul style="list-style-type: none"> • JOINT SESSION regarding feelings and/or coping
4	<ul style="list-style-type: none"> • Review homework • Check in on cognitive coping • Explain PSYCHOEDUCATION ON SEXUAL ABUSE information used with child • Behavior Management: Review differential attention and go over giving effective instructions • HOMEWORK: Have parent(s) read either <u>Winning the Whining War</u> for younger children or <u>Parents and Adolescents</u> or <u>Offroad Parenting</u> for teens, or other books on Behavior 	<ul style="list-style-type: none"> • Review homework • Continue PSYCHOEDUCATION ON SEXUAL ABUSE. Play game about sexual abuse, such as <u>Survivor's Journey</u> or a quiz game on psychoeducation
4A	<ul style="list-style-type: none"> • JOINT SESSION regarding psychoeducation on sexual abuse 	<ul style="list-style-type: none"> • JOINT SESSION regarding psychoeducation on sexual abuse
5	<ul style="list-style-type: none"> • Review homework • Begin sharing information child has shared during the GRADUAL EXPOSURE process • Work on communication skills • Behavior Management: Gaining Your Child's Cooperation and Time Out and/or Work Chores 	<ul style="list-style-type: none"> • Read book/workbook about sexual abuse to child • Discuss how to begin exposure work by telling or writing about their own sexual abuse • Develop gradual exposure hierarchy to use in subsequent sessions (remember pool analogy) • If time permits, begin with least anxiety provoking gradual exposure exercise and continue GRADUAL EXPOSURE • If needed, continue to develop coping skills around abuse

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6	<ul style="list-style-type: none"> • Review Homework • Continue sharing information child has offered during GE process • Begin getting parent comfortable talking with their child about sexual abuse and personal safety skills. Present rationale for discussing, explore parents' feelings and use cognitive coping exercises as needed. • HOMEWORK: Read handouts on Providing Age Appropriate Sex Education and Sexual Behavior in children, Read <u>Where Did I Come From?</u> 	<ul style="list-style-type: none"> • Continue gradual exposure work • Once GE is completed, begin challenging inaccurate and/or unhelpful cognitions • Prepare for joint session by reviewing information about sexual abuse
7	<ul style="list-style-type: none"> • Review Homework • Continue sharing information child has offered during GE process • Behavior Management as needed 	<ul style="list-style-type: none"> • Continue gradual exposure work • Once GE is completed, begin challenging inaccurate and/or unhelpful cognitions • Prepare for joint session by reviewing information about sexual abuse
8	<ul style="list-style-type: none"> • Review Homework • Continue sharing information child has offered during GE process • Behavior Management as needed 	<ul style="list-style-type: none"> • Continue gradual exposure work • Once GE is completed, begin challenging inaccurate and/or unhelpful cognitions • Prepare for joint session by reviewing information about sexual abuse
9	<ul style="list-style-type: none"> • Provide feedback to parent on joint session • Prepare parent for joint session with goal being to provide praise and open communication about child's sexual abuse experience • Address any behavior management issues 	<ul style="list-style-type: none"> • Age-appropriate sex education: puberty, healthy, sexuality, sex vs. sexual abuse, virginity, relationships, trust, dating, birth control, STD's • Prepare for joint session
9A	<ul style="list-style-type: none"> • JOINT SESSION regarding gradual exposure narrative • Share exposure product and share praise 	<ul style="list-style-type: none"> • JOINT SESSION regarding gradual exposure narrative

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10	<ul style="list-style-type: none"> • Provide feedback to parent on joint session and discuss upcoming termination • Address any behavior management issues • Discuss PERSONAL SAFETY work with child • HOMEWORK: Read <u>Safe Zone</u> by Francine Russell and Donna Chalet 	<ul style="list-style-type: none"> • Continue age- appropriate sex education • Begin PERSONAL SAFETY TRAINING • Discuss termination issues
11	<ul style="list-style-type: none"> • Discuss termination issues • Discuss personal safety information and prepare for joint session around personal safety role plays 	<ul style="list-style-type: none"> • Personal Safety training • Prepare for joint session • Discuss termination
11A	<ul style="list-style-type: none"> • JOINT SESSION: Personal safety role plays 	<ul style="list-style-type: none"> • JOINT SESSION: Personal safety role plays
12	<ul style="list-style-type: none"> • Review of information learned and progress made • Review what parent will continue to do in the future to generalize the skills learned • Celebrate therapy “graduation” 	<ul style="list-style-type: none"> • Review skills, information and progress made • Celebrate therapy “graduation”
12A	<ul style="list-style-type: none"> • Complete final measurements 	<ul style="list-style-type: none"> • Complete final measurements
12B	<ul style="list-style-type: none"> • Review final measurements • Termination, referral or continue treatment focusing on other goals 	<ul style="list-style-type: none"> • Review final measurements • Termination, referral or continue treatment focusing on other goals