

The Traveling Therapist TF-CBT Tools

1. Paperwork:

- A. Folders for each module with copies of handouts made to give to parents. This also includes things like the information on sex abuse and brochures about safe sex, etc.
- B. If seeing a child separately, like at school, I have notes I send home to parents about what the child worked on that day.
- C. Laminated:
 - i. Thermometer
 - ii. Cognitive Triangle
 - iii. Feelings Faces
- D. Each child has their own three-ring binder filled with white paper. As we go through the model, everything, including the narrative, goes in there.

2. Books:

- A. Jesse's Story
- B. Strong at the Heart
- C. Where did I come from?
- D. What's happening to me?
- E. My Many Colored Days or some other feelings book
- F. Andrew's Angry Words
- G. Etc.

3. Coping:

- A. Sensory stuff for grounding.
 - i. Cotton balls
 - ii. Sand paper
 - iii. Plastic bag of beans or rice

- iv. Smelly things - like coffee grounds and a vanilla candle
 - v. Strong flavors - like sour patch kids, chocolate, and mints
 - vi. Picture of the beach or mountains or cute animals
 - vii. Play-doh
 - viii. Lotion
 - ix. Koosh ball
 - x. Feather
 - B. Remote control, to remind kids to “change the channel” of negative thoughts or intrusive feelings.
 - C. Different colored sunglasses, to remind kids to “change your lens or perspective.”
 - D. Reminders of guided imagery, like sand (for the beach) or cotton balls (for clouds).
 - E. For breathing:
 - i. Balloons
 - ii. Bubbles
 - iii. Picture of chocolate and lit candle
- 4. General things that could be used for feelings identification and other stuff:
 - A. White board and colored markers to help diagram stuff (such as the cognitive triangle).
 - B. Markers and paper to illustrate.
 - C. Beads and string to use when the child is talking about trauma.
 - D. Scissors, glue stick, and tape for cool ideas kids might think of while you are working together.
 - E. 10 copies of the feelings-faces pictures.
 - F. Different sized stickies.
 - G. Stickers.
- 5. For psychoed:
 - A. “What Do You Know” cards.