

Which PRACTICE component(s) did you implement today?

Therapist Identifier: ____ Record C (child) P (parent) J (joint) in box to indicate type of session and with whom PRACTICE component was implemented.

TF-CBT Treatment Component	Session #:	1	2	3	4	5	6	7	8	9	10
	Date:	/	/	/	/	/	/	/	/	/	/
A: Assessment measures administered and engagement methods used GE: Refer to trauma(s) during assessment and in relation to engagement											
P: Provide psychoeducation about trauma(s), reactions, reminders and treatment GE: Use proper words for trauma(s) and body parts; identify trauma reminders											
P: Provide parenting skills (praise, selective attention, active listening, time out, etc.) GE: Connect parental response and youth's symptoms/behaviors to trauma											
R: Provide individualized relaxation skills (e.g., focused breathing, mindfulness, etc.) GE: Connect use of relaxation skills to youth's trauma reminders											
A: Provide affect expression, identification and modulation skills GE: Connect use of skills to youth's trauma reminders											
C: Introduce cognitive triangle and optimistic thinking in general terms with children GE: Help PARENT use cognitive coping for trauma-related maladaptive thoughts											
T: Develop youth's trauma narrative (TN) in calibrated increments with thoughts, feelings, sensations, helpful and worst moments. Cognitively process maladaptive thoughts and end TN with positive lessons about self, others, parent(s) and future. Share TN with parent in individual session when clinically appropriate GE: Write, read and/or review TN											
I: GE: Plan in-vivo desensitization for generalized avoidance as needed											
C: Conjoint trauma-focused youth-parent sessions: youth and parent trauma education, share TN when clinically appropriate, Q&A; improve communication GE: Share TN or address other trauma related issues in conjoint session											
E: Address personal safety skills and assertive communication; increase awareness of problem-solving skills and/or social skills; provide sex ed when appropriate GE: Address safety skills related to youth's trauma and future development											

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	Date:	/	/	/	/	/	/	/	/	/	/
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