TF-CBT Web Resources

TF-CBT Certification Site
https://tfcbt.org/
Information about TF-CBT
Resources (including for telehealth and TF-CBT Workbooks for children and teens in English and Spanish)
Implementation manuals
National TF-CBT Certification information (including registry of certified therapists)

TF-CBT Web 2.0
https://tfcbt2.musc.edu/ English
https://tfcbt-es.musc.edu/ Spanish

TF-CBT Consult
http://etl2.library.musc.edu/tf-cbt-consult/
A web based resource for common questions related to the use of TF-CBT

CTGWeb

http://ctg.musc.edu/

A web based learning course for Childhood Traumatic Grief

Telehealth Specific Resources

https://telehealthfortrauma.com
Resources for implementing TF-CBT via telehealth in English and Spanish

NCA Learning Center https://learn.nationalchildrensalliance.org/

UW Medicine Harborview Medical Center

Center for Sexual Assault and Traumatic Stress: TF-CBT Resources

http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/traumafocused_cbt.html

TF-CBT Implementation Manuals

https://tfcbt.org/tf-cbt-lgbtq-implementation-manual/

This manual provides therapists with up-to-date information about considerations for implementing TF-CBT for trauma-impacted LGBTQ youth

Please note: Not all resources below have been fully vetted. Please review resources prior to use to make sure appropriate for your client/need.

Traumatic Grief

https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief

Rosie Remembers Mommy Forever in her Heart **a video of the book** https://www.nctsn.org/resources/rosie-remembers-mommy-forever-her-heart-video

Video of the book Ready to Remember: Jeremys Journey of Hope and Healing https://www.nctsn.org/resources/ready-remember-jeremys-journey-of-hope-and-healing-video

It's OK to Remember (video) for caregivers https://www.nctsn.org/resources/its-okay-remember-general-information-video-child-traumatic-grief

https://sesamestreetincommunities.org/topics/grief/

http://www.dougy.org/

https://afsp.org/
American Foundation of Suicide Prevention

https://www.learn2cope.org/facts-about-overdose/
Stats on overdose death

Assessment

https://www.massgeneral.org/assets/MGH/pdf/psychiatry/psc/pictorial-psc-english.pdf
May be helpful if there are language or comprehension considerations or with a parent who does not read to identify symptoms.

Childhood Trust Events Survey
http://www.episcenter.psu.edu/sites/default/files/ebp/The%20Childhood%20Trust%20Events%20Survey-Caregiver.pdf

NCTSN: Measures Review Database: https://www.nctsn.org/treatments-and-practices/screening-and-assessments/measure-reviews/all-measure-reviews

Trauma Reaction Cards: https://www.traumareactioncards.com/

UCLA Brief COVID-19 Screen for Child/Adolescent PTSD
https://istss.org/clinical-resources/assessing-trauma/ucla-ptsd-assessment-tools

Engagement

http://playingcards.io/

https://www.thegamegal.com/

https://matchthememory.com/puppies2020

https://matchthememory.com/candy2020

https://matchthememory.com/disneymovi

TF- CBT Component Resources

Enhanced Safety for Children Experiencing Ongoing Trauma

Safety plans

- Wellcast has videos and handouts for both in-person and online bullying http://watchwellcast.tumblr.com/
- Wellcast- Safe Web Surfing: To Tips for Kids and Teens Online https://www.youtube.com/watch?v=c20T9XCXqjA&list=PLZmvEJFiei1ME1nye9KpPqoaFCWmbd8gN
- https://e2epublishing.info/ is a book publisher who specializes in children's books on BODY SAFETY, CONSENT, GENDER EQUALITY, RESPECTFUL RELATIONSHIPS, and SOCIAL and EMOTIONAL INTELLIGENCE

Psychoeducation

https://www.nctsn.org
National Child Traumatic Stress resources on a wide variety of trauma types

NCTSN Learning Center http://learn.nctsn.org/

What is TF-CBT https://www.youtube.com/watch?v=axsButKQYCY

https://jeopardylabs.com/

https://jeopardylabs.com/play/tf-cbt-psychoeducation-11

http://piploproductions.com/

What Is Trauma? Psychoeducation Video for Kids: https://youtu.be/jJ8Hxglh0jQ

Never Give Up: A Complex Trauma Film by Youth for Youth:
https://youtu.be/y8XaYdQfV3A

No More Campaign (https://nomore.org)

The Monument Quilt Project https://upsettingrapeculture.com

Use e-books (Youtube, kindle app, amazon, vooks)

Once I Was Very Very Scared https://www.youtube.com/watch?v=tXOgvchh_Lc
The Invisible String https://www.youtube.com/watch?v=2rZNTFf35Aw

http://www.psychologytools.org/ptsd.html
Website which has some handouts for psychoeducation about trauma/ PTSD

https://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm
National Center for PTSD: PTSD Coach Online

https://teencentral.com/
Has a foster care section which includes: Reasons Kids are in Foster Care

http://lookthroughtheireyes.org/
http://lookthroughtheireyes.org/videos-2/
Inside Him and a Clingy Thing video

Sesame Street: https://sesamestreetincommunities.org/topics/traumatic-experiences/

https://www.sesamestreet.org/toolkits

- Lots of useful videos and work books available
- Traumatic grief, community violence, parental incarcerations, etc.
- Elmo after the fire - https://www.youtube.com/watch?v=q6Z6njK-LGs
- drive

http://puzzlemaker.discoveryeducation.com/
Puzzle maker or word search maker

http://www.earlyopenoften.org/
Psychoeducation, Parenting Skills or Safety Skill Development related to sexual abuse

https://jr.brainpop.com/health/feelings/divorce/

Websites related to **parental substance use or overdose death**

Sesame street character who has a mom dealing with addiction:
https://youtu.be/DGgW-f0RyfE

https://sesamestreetincommunities.org/topics/parental-addiction/?activity=meet-salia

Activities: https://sesamestreetincommunities.org/topics/parental-addiction/

https://americanaddictioncenters.org/guide-for-children
Guide for children of addicted parents

Stats on overdose death:

- https://www.learn2cope.org/facts-about-overdose/

Websites with information for **males that have experienced sexual abuse**

NFL star Laveraneus Cole's disclosure of sexual abuse.
http://www.nytimes.com/2005/09/18/sports/football/new-trust-lets-coles-share-secret.html

Sobering Facts about Male Rape - YouTube
https://www.youtube.com/watch?v=xDR3daN4ig8

Websites with information **for teens/adults about suicide**

- http://www.afsp.org/coping-with-suicide-loss
- http://www.suicidology.org/suicide-survivors/sos-directory
- http://www.suicidology.org/Portals/14/docs/Survivors/Loss%20Survivors/25-Suggestions-For-Survivors.pdf
- http://www.namiut.org/families-caregivers/suicide-survivors/item/98-what-its-like-in-the-aftermath-of-a-loved-ones-suicide

- Provides language for explaining suicide to children and rationale https://www.thesharingplace.org/docs/EXPLAINING_SUICIDE_TO_CHILDREN.doc.pdf
- https://www.thesharingplace.org/services/resources/
- VA MIRECC Guide for How to Talk to a Child about a Suicide Attempt in Your Family. It includes the DVD which is in English and Spanish. https://www.mirecc.va.gov/visn19/talk2kids/
  https://www.mirecc.va.gov/visn19/education/products.asp

Websites with information **for Complex Trauma**

- http://www.rememberingtrauma.org/

Websites with information **for Sexually Exploited Youth**

- NCTSN http://www.nctsn.org/resources/public-awareness/human-trafficking
- Polaris Project https://polarisproject.org

- NCMEC http://www.missingkids.com/home
- GEMS http://www.gems-girls.org/about
- Shared Hope International http://sharedhope.org/

Parenting Skills

- Rise Magazine: Stories for Parents Under Stress. Resource developed by and for parents in the child welfare system https://www.risemagazine.org/rise-magazine/
- https://infoaboutkids.org/relationships/healthy-parenting/ The website promotes healthy child and family development by highlighting science-based information for those who care for, or work with, children.
- https://do2learn.com/
- National Center on the Sexual Behavior of Youth www.ncsby.org
- https://www.missingkids.org/ – information on sexting and internet posting, etc.
- App – 0-3 Let's Play – good information and ideas for the 0-5 population
- App- Help Kids Cope by UCLA- Disaster information
- i reward chart app – alternative for behavior chart or other reward systems that caregivers may want to work on
- Inside out app – journaling or thought bubbles that parents may want to use with children
- https://alankazdin.com/everyday-parenting-the-abcs-of-child-rearing/
- Empathy vs. sympathy video https://www.youtube.com/watch?v=1Evwgu369Jw
- COVID-19 related resources
    - Yale Child Study Center: https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/COVID-19_Resources/
    - Quaranteenagers: Strategies for Parenting in Close Quarters: https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html
    - Coping skills https://www.psyberguide.org
    - Mental Health and Coping during COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html
    - Coping with Coronavirus Stress: https://www.psychologytoday.com/us/blog/modern-mentality/202003/coping-coronavirus-stress

Relaxation

- Virtual Calming Room https://calmingroom.scusd.edu/
    - https://sites.google.com/cnusd.k12.ca.us/cnusdvirtualcalmingroom/home?authuser=0
- Breathing GIFs
- https://gozen.com/printables/
- https://gozen.com/meditationsforkids/
- Sesame Street Monster Meditation #1 https://www.youtube.com/watch?v=J9nE4RE8uiQ
- Listening to my Body https://www.youtube.com/watch?v=-B6Rik-TA-Q&t=52s
- Cosmic Kids https://www.cosmickids.com/
- Cosmic Kids Zen Den: http://www.cosmickids.com/
- Go Noodle https://app.gonoodle.com/
- https://yogaed.com/
- Breathing
    - https://youtu.be/_mZbzDOpylA Belly Breathing Elmo Style
    - Dragon breath – Have child create dragon and practice breathing using the craft to make the dragon breath streamer fire http://www.allkidsnetwork.com/crafts/fantasy/dragon-cup-craft.asp
    - http://www.mindfulmemorykeeping.com/6-sweet-mindfulness-videos-for-young-kids/
        - https://pbskids.org/video/sid-science-kid/1568872949 (Breathe In, Breathe out song)

- Mindfulness resources
    - https://www.education.com/worksheet/article/mindfulness-and-the-brain-info/
    - https://www.education.com/lesson-plan/strengthening-our-brains-with-mindfulness/
    - Mindfulness for Teens: http://mindfulnessforteens.com/
    - http://marc.ucla.edu/
    - http://marc.ucla.edu/body.cfm?id=22
    - https://www.youtube.com/user/CosmicKidsYoga
    - https://www.susankaisergreenland.com/inner-kids-model
    - https://stressfreekids.com/
    - http://www.gozen.com/
    - https://www.mindfulschools.org/
        - https://www.mindfulschools.org/resources/explore-mindful-resources/ (video describing glitter jar and settling anger)

- Athletes and mindfulness
    - Basketball Coach Phil Jackson - http://www.oprah.com/own-super-soul-sunday/How-NBA-Coach-Phil-Jackson-Taught-His-Teams-Mindfulness-Video
    - Seattle Seahawks - http://espn.go.com/nfl/story/_/id/9581925/seattle-seahawks-use-unusual-techniques-practice-espn-magazine
- Today show on meditation for Baltimore City http://www.today.com/video/pediatricians-turn-to-meditation-for-kids-in-poor-neighborhoods-657966147770?utm_content=buffer80b92&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer
- Smiling Mind website and app – smilingmind.com.au
- https://www.gonoodle.com/
- Sesame Street – Breathe, Think, Do – App
- Christiane Kerr mindfulness apps for both children and adult
- Resources for teens:
  http://doasone.com/
  PMR Video: http://www.youtube.com/watch?v=TwCITgdBzI4
- F*ck That: An Honest Meditation: https://youtu.be/92i5m3tV5XY
- Honest Meditation: Let It F*cking Go: https://youtu.be/CmKHA1WHe9U
- GIPHS
    - https://media.giphy.com/media/yzvVXSvrg7JxC/giphy.gif
    - https://media.giphy.com/media/11upUw4jBRn6hi/giphy.gif

- Apps: Calm, Meditopia, Headspace, Breethe, Relax and Sleep Well, MindShift, Take a Break! Guided Meditations for Stress Relief, BellyBio Interactive Breathing, Relax Melodies, Take a Chill, Calm, Calm in the Storm: Stress Management

Affect Expression and Modulation

- Affective Expression
    - https://www.everydayspeech.com/social-learning-platform/games/bingo/
    - https://do2learn.com/games/feelingsgame/index.htm
    - https://everydayspeech.com/social-learning-platform/games/will-of-the-wheel/#/emotions
    - Daniel Tiger - guess the feeling game
      https://pbskids.org/daniel/games/guess-the-feeling

        - When You Feel So Mad and You Want to Roar Clip - http://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/
        - Daniel Tiger feelings DVDs
    - Alexander and the Terrible, Horrible, No Good, Very Bad Day

https://www.youtube.com/watch?v=h6rp0SZX7lg&list=PLxPCnSYFxv39cJFDG2uRG1ARqWYlPqHLI&index=5

    - My Mouth is a Volcano

https://www.youtube.com/watch?v=v0g2TaG7Eac

    - Grumpy Monkey

https://www.youtube.com/watch?v=wylzbbSL668

    - Color Monster

https://www.youtube.com/watch?v=PWujGPb6mgo

    - Kelly Bear Feelings
        - http://www.kellybear.com/
        - http://www.kellybear.com/ActivityFeelings.html
    - Puzzle maker or word search maker for feelings
    - Memory Spanish Version https://matchthememory.com/feelingsspan
      Memory English Version https://matchthememory.com/feelingseng
    - Feelings Parking Lot
        - Create simple sheet with parking spots
        - Feelings on one side and situations or relaxation skills on the other side to help link feelings to situation or skills http://therapeuticinterventionsk-12.blogspot.com/2013/04/feelings-parking-lot.html?m=1
    - Inside out video clips http://www.thehelpfulcounselor.com/20-inside-out-clips-to-help-teach-children-about-feelings/
    - Inside Out: Guessing the Feelings https://youtu.be/dOkyKyVFnSs
    - eScape App maps music to mood
    - Feelings worksheets https://www.education.com/worksheets/?q=feelings
    - Sesame Stress: Name That Emotion with Murray! https://www.youtube.com/watch?v=ZxfJicfyCdg
    - Emotions Color Wheel: https://do2learn.com/organizationtools/EmotionsColorWheel/colorwheel/EmotionsWheel13.html
    - Identifying our Feelings: https://youtu.be/VL5MvZKgVZAS
    - Web-sites for teens:
        - http://teenshealth.org/teen/your_mind/#cat20122
        - http://www.bestteenpoems.com/poems/feelings/
        - https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19

- Affect Modulation
    - OMG meditate app
    - Inside Out Game App
    - Superbetter – "Live Gamefully" app for teens https://www.superbetter.com/ - helps with affective expression and modulation
    - Zones of Regulation Exploring Emotions App https://www.zonesofregulation.com/index.html
    - Coping Skills for Kids: Free Family Activities E-Book: https://copingskillsforkids.com/coping-with-coronavirus

- Apps: Mood Tracker, Mood Balance: Journal, Tracker; Virtual Hope Box; Cope with It; Coping Skills; Headspace; #Mindful; Mindfulness Coach; Mindfulness

Cognitive Coping

- Explaining Thoughts
    - Thought Bubbles video http://www.cosmickids.com/category/watch/?video_category=mindfulness&changed=video_category
- https://weheartcbt.com/
- Sad Cat Diary: https://youtu.be/PKffm2uI4dk
- Cognitive Triangle video https://www.youtube.com/watch?v=af04iwPN6vI
- Link for the ASD and poisons thoughts and antidote thoughts.
  1: https://www.youtube.com/watch?v=af04iwPN6vI
  2: https://www.youtube.com/watch?v=_1wjSGpZ5QA
  3: https://www.youtube.com/watch?v=ZzEUAf3a4Y4
- Giraffes Can't Dance Animation Movie https://www.youtube.com/watch?v=5Phal1QU1wA
- Sesame Street – Breathe, Think, Do – App
- TF-CBT Triangle of Life App
- Glasses template, 4 emotions, write a negative thought on one side and more helpful on the other

Narration

- Songs about Trauma/Abuse ***https://en.wikipedia.org/wiki/List_of_songs_about_child_abuse***
- Mansion by NF ***https://youtu.be/3FvZkb0sq4U***
- The Me I Once Was https://youtu.be/PYUpdXnFSc8

In Vivo

Sesame Street and the FDNY: Fire at Hooper's Store https://youtu.be/q6Z6njK-LGs

Enhanced Safety Skills Training

- Sexual Safety and Consent
  - https://www.youtube.com/watch?time_continue=130&v=h3nhM9UlJjc (for young kids)
  - Pantosaurus https://www.youtube.com/watch?v=-lL07JOGU5o
  - Boss of My Body Song https://www.youtube.com/watch?v=zAALZxa6NCw
  - Sexual Consent Explained https://www.youtube.com/watch?time_continue=1&v=5vmsfhw-czA
  - Tea Consent https://www.youtube.com/watch?v=fGoWLWS4-kU
  - Teens and Internet Safety: A Public Service Announcement: https://youtu.be/h1QQCb7aiqQ
  - #That'sNotLove: Because I Love You. One Love https://youtu.be/4JYyHa03x-U
  - Web-sites for teens https://www.breakthecycle.org/; https://www.loveisrespect.org

Apps: Safe Spot, MY3-Support Network, Safety Plan, Love is Not Abuse, myPlan

- Nnedv.org SafetyNet Project at NNEDV has info about hacking and technology
- NetSmartz.org has fantastic resources for teens, caregivers, educators, etc.
  - Here are one of their tip sheets regarding Sexting.https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/Talking_to_teens_about_sexting.pdf
- Bullying
  - Pacer Center Kids Against Bullying http://www.pacerkidsagainstbullying.org/kab/
  - http://pbskids.org/itsmylife/games/bullies_flash.html
  - https://wedolisten.org/
  - Wellcast has videos and handouts for both in-person and online bullying - http://watchwellcast.tumblr.com/ and https://www.youtube.com/watch?v=c20T9XCXqjA&list=PLZmvEJFiei1ME1nye9KpPqoaFCWmbd8gN
- http://www.nsteens.org/
- https://amaze.org information about sex, your body and relationships
- https://youngwomenshealth.org/2013/09/13/safety-in-relationships/
- NCTSN facts sheets on internet safety and dating

- https://e2epublishing.info/ is a book publisher who specializes in children's books on BODY SAFETY, CONSENT, GENDER EQUALITY, RESPECTFUL RELATIONSHIPS, and SOCIAL and EMOTIONAL INTELLIGENCE.
- https://www.rainn.org/
- Staying Safe While Staying connected fact sheet http://www.nctsn.org/sites/default/files/assets/pdfs/staying_safe.pdf
- Harborview Center for Sexual Assault website https://depts.washington.edu/hcsats/
- **NPR** re: social media and teen depression (particularly in girls) and some recent past stories on the same topics.
  https://www.wbur.org/hereandnow/2020/01/09/social-media-anxiety-depression-teens
  http://www.preventtogether.org/Resources/Documents/Impact%20of%20Media%20and%20Technology%20on%20Youth%202013.pdf

- **Crimes Against Children Center.** http://www.unh.edu/ccrc/
  Lots of excellent and true info re internet based crime. As well as the attached link to a fact sheet. http://www.unh.edu/ccrc/internet-crimes/safety_ed.html
- Exploitation and Internet Safety information and videos http://www.barnardosrealloverocks.org.uk/
- http://www.netsmartz.org/. This offers resources for teens, caregivers, educators, etc.
  - The tip sheet page is particularly useful (http://www.netsmartz.org/TipSheets)

  -with lots of downloads available in English and in Spanish.
- Clothesline project http://www.clotheslineproject.info/
  teen dating and boundaries.
- http://do2learn.com/
- https://safersocietypress.org/store/resources-from-toni-cavanagh-johnson-2/
  Toni Cavanaugh Johnson sexual development resources

***Resources for the Clinician:* Secondary Traumatic Stress/Vicarious Trauma**

Trauma Stewardship https://traumastewardship.com
STS Consortium: https://www.stsconsortium.com/covid-19-resources
Tend Academy: https://www.tendacademy.ca/resources/
NCTSN: Taking Care of Yourself:
https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf
Emotional Well-Being and Coping during COVID-19:
https://psychiatry.ucsf.edu/coronavirus/coping

Provider Resilience App: https://apps.apple.com/ca/app/provider-resilience/id559806962
https://play.google.com/store/apps/details?id=org.t2.pr&hl=en