TF-CBT 11 Commandments:

1. Go into each session with an agenda
2. Gradual exposure in every session
3. Go sequentially through the model
4. Meaningfully include caregiver in every component (parenting strategies and role plays)
5. No conjoint without prep
6. Keep up the pace and don’t water down sessions with COWS
7. See your client weekly if at all possible
8. Don’t challenge trauma-specific cognitions until trauma narrative has been completely developed
9. No conjoints about trauma narration during development and processing
10. Make sure caregiver is processing with you individually during Trauma Narration and Processing

11. Trauma Narrative is NEVER homework