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. Kids Helping Kids (Break the Silence of Sexual Abuse)
        i. Also a website www.kidshelpkids.net
    C. Strong at the Heart
    D. Where did I come from?
    E. What's happening to me?
    F. My Many Colored Days or some other feelings book
    G. Andrew's Angry Words
    H. 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
xi. Website (good for teens) www.nosuchthingascrazy.com website--go to "Living Awesomely" then the Emotional Tool Chest

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.