Pre- Treatment Assessment Goals

- Determine client trauma history, symptoms, and functioning
- Determine relationship between client trauma history, symptoms, and functioning
- Establish clinical diagnosis
- Develop treatment plan
- Engage client and caregiver in treatment process

Pre- Treatment Assessment Tasks

- Assessed client trauma history, symptoms, and functioning
- Provided pre-treatment assessment results
- Developed TF-CBT treatment goals (operationalized symptoms)
- Conducted functional analysis of trauma symptoms targeted for treatment
- Prepared BOTH client and caregiver separately for pre-treatment assessment conjoint session

Psychoeducation Goals

- Orient client and caregiver to TF-CBT
- Engage client and caregiver in treatment process
- Normalize impact of trauma on symptoms and functioning
- Reinforce accurate and helpful cognitions about client trauma type
- Enhance self efficacy related to trauma history and optimism regarding trauma recovery

Psychoeducation Tasks

- Enhanced knowledge and helpful beliefs about general impact of trauma
- Introduced TF-CBT model
- Enhanced knowledge and helpful beliefs about client trauma type
- Prepared BOTH client and caregiver separately for Psychoeducation conjoint session

Parenting Goals

- Enhance caregiver ability to consistently engage in positive parenting strategies
- Enhance caregiver ability to manage client trauma symptoms
- Enhance caregiver ability to support client management of trauma symptoms

Parenting Tasks

- Facilitated effective use of praise
- Facilitated effective use of selective attention
- Facilitated effective use of contingency reinforcement

Relaxation Goals

- Increase use of relaxation skills in general and trauma-related situations
- Increase self efficacy related to use of relaxation skills in general and trauma-related situations
- Reduce physiological manifestation of trauma symptoms
- Increase distress tolerance in general and trauma-related situations
- Enhance caregiver ability to manage client trauma symptoms
- Enhance caregiver ability to support client management of trauma symptoms

Relaxation Tasks

- Facilitated effective use of relaxation skills
- Facilitated caregiver ability to support client use of relaxation skills
- Prepared BOTH client and caregiver separately for Relaxation conjoint session

Affective Expression and Modulation Goals

- Enhance affective expression and modulation in general and trauma-related situations
- Increase self efficacy related to use of affective expression and modulation in general and trauma-related situations
- Enhance ability to recognize and verbalize affect
- Reduce affective manifestation of trauma symptoms
- Increase distress tolerance in general and trauma-related situations
- Enhance caregiver ability to manage client trauma symptoms
- Enhance caregiver ability to support client management of trauma symptoms

Affective Expression and Modulation Tasks

- Assessed and enhanced use of affective vocabulary
- Facilitated ability to identify physiological and behavioral response to emotions
- Facilitated ability to assess and regulate affective intensity
- Facilitated caregiver ability to identify client's physiological and behavioral response to emotions
- Prepared BOTH client and caregiver separately for Affective Expression and Modulation conjoint session

Cognitive Coping Goals

- Enhance cognitive coping skills in general and trauma-related situations
- Increase self efficacy related to use of cognitive coping skills in general and trauma-related situations
- Enhance understanding of links among thoughts, emotions and behaviors
- Enhance ability to share general and trauma-specific cognitions
- Reduce cognitive manifestations of trauma symptoms
- Increase distress tolerance in general and trauma-related situations
- Enhance caregiver ability to manage client trauma symptoms
- Enhance caregiver ability to support client management of trauma symptoms

Cognitive Coping Tasks

- Facilitated ability to address automatic negative thoughts
- Facilitated application of the cognitive triangle
- Facilitated ability to challenge patterns of cognitive distortions
- Facilitated use of cognitive coping skills
- Facilitated ability to support client use of cognitive coping skills
- Prepared BOTH client and caregiver separately for Cognitive Coping conjoint session

Trauma Narration and Processing Goals

- Reduce physiological, affective and cognitive manifestations of trauma symptoms
- Increase distress tolerance in general and trauma-related situations
- Disrupt association between trauma reminders and negative physiological, affective and cognitive responses
- Increase helpful cognitions regarding trauma experience
- Increase self efficacy regarding initial and current response to trauma
- Enhance coherence and organization of trauma memories
- Enhance ability to conceptualize trauma history as coherent meaningful narrative
- Enhance caregiver support of client regarding healthy trauma-related cognitions, self-efficacy (initial and current response to trauma), and contextualization of trauma history

Trauma Narration and Processing Tasks

- Introduced trauma narration
- Incorporated trauma-specific memories in narration
- Elicited “worst” trauma memory
- Exposed client to content of prior Trauma Narration and Processing sessions
- Identified trauma reminders within trauma narration
- Identified cognitive disto
- Incorporated trauma-specific psycho-education
- rtions
- Replaced cognitive distortions with helpful thoughts
- Identified effective client responses
- Conceptualized trauma history as a coherent, meaningful narrative
- Prepared client for Trauma Narration and Processing conjoint session
- Prepared caregiver for Trauma Narration and Processing conjoint session

In Vivo Desensitization Goals

- Decrease avoidance of innocuous trauma reminders
- Decrease distress in response to innocuous trauma reminders
- Resume daily functioning and normal developmental tasks

In Vivo Desensitization Tasks

- Assessed impairment in response to innocuous trauma reminders
- Facilitated development of a stimulus hierarchy
- Facilitated implementation of *in vivo* desensitization plan with client
- Prepared BOTH client and caregiver for *In Vivo* Desensitization conjoint session

Enhancing Future Safety and Healthy Development Goals

- Reduce risk of client-specific trauma recurrence
- Increase self efficacy regarding ability to address future threatening situations
- Enhance effective client and caregiver communication regarding safety and development
- Reduce impact of trauma history on future development

***if there is a current risk to client's safety at any point in treatment, that should be addressed immediately beginning with the caregivers

Enhancing Future Safety and Healthy Development Tasks

- Assigned enhancing future safety and development homework
- Facilitated development of safety skills
  - Boundaries
  - Assertiveness
  - Communication
- Addressed potential impact of trauma on future development
- Prepared BOTH client and caregiver for enhancing future safety and development conjoint session

Post Treatment Assessment Goals

- Assure treatment goals have been met
- Identify further treatment needs
- Enhance self efficacy

Post Treatment Assessment Tasks

- Assessed trauma history, symptoms, and functioning
- Provided post-treatment assessment results
- Developed post-TF-CBT plan
- Prepared for TF-CBT termination
- Celebrate!