TF-CBT Booster Session
Sacramento, California
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- ***National Tf-CBT Trainer***

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Icebreaker

- Introductions
- Name 1 thing you really like about TF-CBT
- Name 1 thing you don't like about TF-CBT

Review of TF-CBT PRAC components

- Divide up into groups of 3. Have someone from your group select a descriptor from each cup. Return to group and create an intervention for the component chosen based on the child and/or parent or situation. Assign someone to present for your group.

Talk about:

- Component and Give client demographics
- What are the goals of the component
- How will you do the gradual exposure?
- What techniques will you use in this component?
- How will you involve caregiver?

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Speed Review

- Psycho-education
- Parenting Skills
- Relaxation
- Affective Expression
- Cognitive Coping
- Trauma Narrative
- In Vivo Exposure
- Conjoint Session
- Enhancing Safety

Facilitating a Narrative

- Identify some of the Difficulties Encountered
- List some ways to counter the problem
- Practice Session

If You're Doing A Layered Narrative

- 1st time through a chapter- Take only what they give you (repeat back, neutral prompts like "what happened next?," "Go on"). Continue to praise and give encouragement- take your time and don't be afraid of silence
- 2nd time through a chapter- Elicit more details, thoughts, and feelings
- 3rd time through a chapter- Check for completeness and meaning making.
- Next do the cognitive processing.
- Finish with a final chapter.

Identifying Cognitive Distortions

- Review what types of things you are looking for in a narrative

Scenario 1

- I was angry when I came in the house. I had failed another Math test and had to stay after school. I thought, "Who cares? I can't make it through high school anyway. I'm just going to drop out when I turn 16." Mom and Dad were already fighting. I thought, "What's new?" I felt angry with them. I yelled at . . .

(con.t)

- both of them to just "stop it." Dad turned to me and yelled, "Who the f... do you think you are, talking to me that way?" He came towards me, and Mom came running after him, screaming "Don't you dare hurt him!"

(cont.)

- She jumped on his back and he threw her off like she was nothing. She hit her head. I didn't see that because he started hitting me. I got away and ran out. I didn't know how bad Mom was hurt until I came back and saw the police and the ambulance. I should have stayed. I could have got her help quicker. It's all my fault.

Learning Objectives

MoACTS

Participants will:

1. Understand the importance of helping clients move away from "black and white" thinking and develop more balanced beliefs about their traumatic experiences.
2. Demonstrate the ability to engage in cognitive processing to address a variety of complex, and challenging trauma-related beliefs.

How to Challenge Thoughts/Beliefs

MoACTS

Steps for the Therapist:

- Identify what you want to say to them
- Don't say it
- Validate what's valid
- **Identify a more accurate/helpful belief for the caregiver/child**
- Use specific techniques to help them get there

Monica Fitzgerald, 2010

The Importance of Balance

MoACTS

- Most of us develop positive and negative schemas about self, others, and the world
- These schemas are differentially activated depending on such factors as:
  - Mood
  - Circumstance
  - Recent life events
  - Biology
- It is helpful for us to be able to access both
- Trauma tends to "push schemas off balance"

The Importance of Balance

MoACTS

Safety

I'm never safe----------I'm always safe

All people are dangerous----------All people are safe

The world is not safe----------The world is safe

Trust

I can't trust myself at all----------I trust myself completely

I can't trust anyone----------I trust everybody

The Importance of Balance

Intimacy

I can't be close to anyone----------Everyone is my best friend

Power/Control

I'm always weak----------I'm always strong

It's all my fault----------Nothing is my fault

Esteem

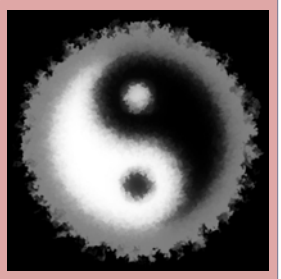
I'm worthless----------I'm perfect

Working with Shades of Gray

- Our goal is to restore balance
- We do not want to try to tip the scales completely to the other side for three main reasons:
  1. Tends to increase defensiveness
  2. Even if successful, the new belief is often no more realistic and/or helpful than the original one
  3. Healthy meaning is usually found in "gray" thinking, not "black and white" thinking

What is "Gray" Thinking?

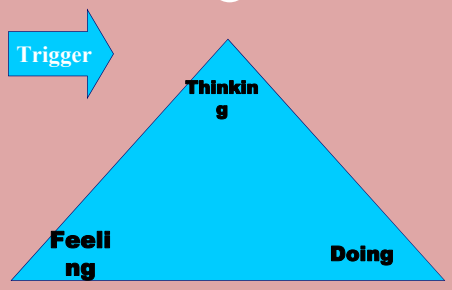
- Few (if any) absolutes
- Flexible
- Takes a broader perspective
- Summarizes all available information
- Based on facts not assumptions or generalizations
- Quantitative vs. qualitative
- Tends to be emotionally neutral (but **not** emotionless)
- Focuses on what **is**, not what **could** be or **should** be



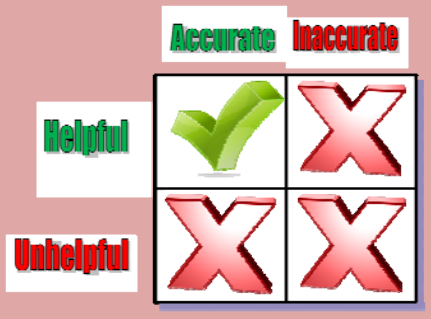
Specific Techniques

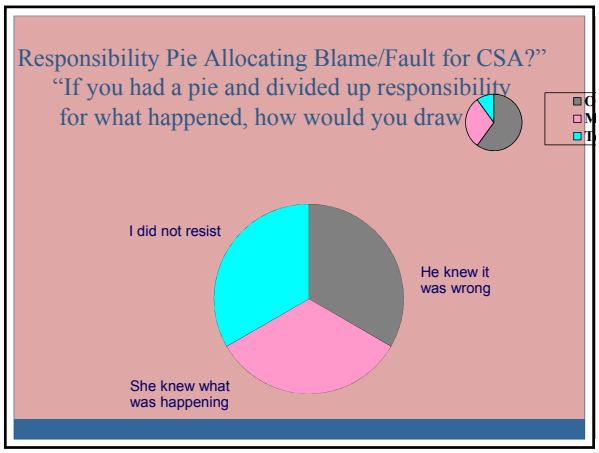
- Cognitive Triangle
- Checking thoughts for accuracy/helpfulness
- Role plays (e.g. Best Friend, You be the Therapist)
- Responsibility Pies
- Socratic Questioning
- Concept of an accident
- Responsibility vs. Neglect

Cognitive Triangle: The Doing - Thinking - Feeling Interaction



Check Your Thoughts!





"Fastest Finger" Question

What are the five major areas of functioning, or themes, that are commonly thrown off ***balance*** by exposure to trauma?

"Fastest Finger" Answer

1. **Safety**
2. **Trust**
3. **Intimacy**
4. **Power/Control**
5. **Esteem**

Scenario 1: Crystal

- Crystal is 12-years-old. She came into treatment after being sexually abused by her 16-year-old brother. While working on the trauma narrative, overnight visits with her family were initiated. Crystal's parents chose to not turn on the door alarms. During the first overnight visit, Crystal's older brother convinced Crystal to engage in sexual intercourse. Crystal subsequently disclosed this new abuse to her grandmother. During her next therapy session, Crystal stated the following: "It's my fault, I should have known better."

Scenario 2: Derrick

- Derrick is 10-years-old. He came into treatment after witnessing the murder of his grandmother and uncle by two unknown assailants who were never identified or arrested. The murders occurred six months ago. Derrick is very scared about the fact that the murderers are still at large and recently stated: "I'm not safe; they are going to come and get me."

Scenario 3: Kyla

- Kyla is 17-years-old. She was referred for treatment due to exposure to multiple traumas including alleged gang rape. During the trauma narrative, Kyla states that she had been suspended from school that day and was supposed to stay at the library. Instead she met a group of boys, most of whom she did not know, and went to the home of one of the boys. She was in the process of having consensual sex with one of the boys when the rest of them walked in and proceeded to have sex with her. Kyla then stated the following: "It wasn't really rape because I wanted to be there and chose to have sex."

Scenario 4: Jason

- Jason is 14-years-old. He was brought in for treatment following the drowning death of his 3-year-old sister. Jason was babysitting his sister at the time of her death. Jason left his sister in his backyard while he got on Facebook. While Jason was inside, his sister fell in the pool and drowned. Jason blames himself, "It's all my fault my sister is dead."

Scenario 5: Scott

- Scott is 16-years-old. He and his girlfriend were riding in the back seat of a car that was involved in a multi-car accident. He and his girlfriend were both injured. Scott attempted to carry his girlfriend from the car. As he attempted to do so, he passed out and dropped her before getting out of the roadway. The girlfriend was subsequently struck again by another car and suffered fatal injuries. Scott stated, "She died because I passed out and didn't save her."

Scenario 6: Mariah

- Mariah is 8-years-old. She recently disclosed sexual abuse by her mother's boyfriend. During the investigation it was also determined that Mariah's mother has a significant drug problem and was often unable to provide Mariah with sufficient food and clothing. Mariah was subsequently removed from her mother's home. When discussing this Mariah stated, "My only problem is being in foster care. Everything would be perfect if I could live with my mom again."

Thank-you!

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