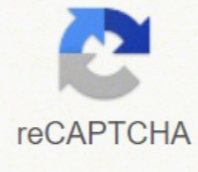


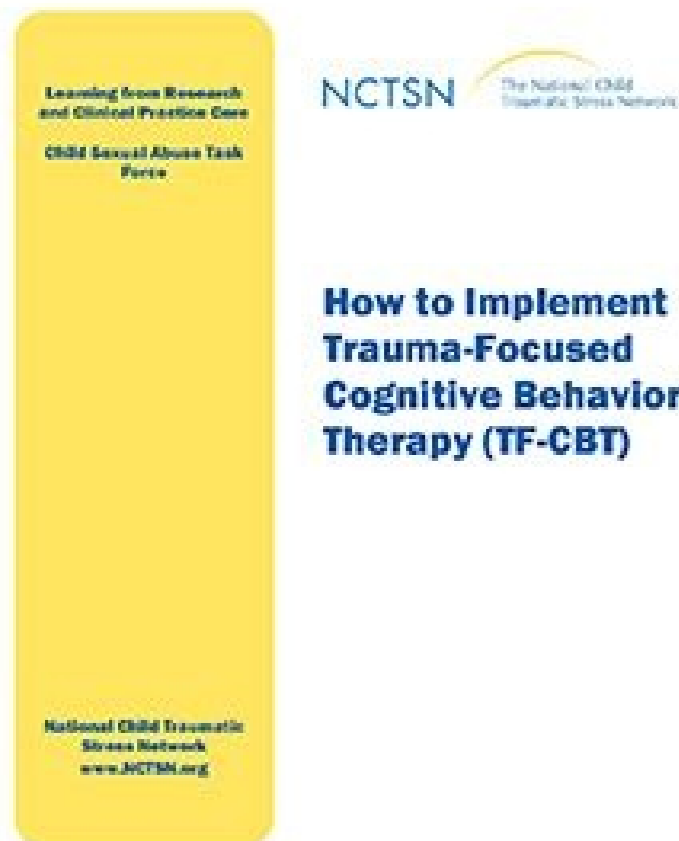


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**How to Implement Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**

<p>1. (B1) Intrusive thoughts, images, or memories _____</p> <p>2. (B2) Distressing thoughts, memories, or images _____</p> <p>3. (B3) Flashbacks _____</p> <p>4. (B4) Nightmares _____</p> <p>5. (B5) Cues: Physiological reactivity _____</p> <p>6. (B6) Cues: Psychological reactivity _____</p> <p>7. (B7) Avoidance _____</p> <p>8. (B8) Negative alterations in cognitions and perceptions _____</p> <p>9. (B9) Negative alterations in mood and affect _____</p> <p>10. (B10) Irritability, anger, or aggression _____</p> <p>11. (B11) Exaggerated startle _____</p> <p>12. (B12) Exaggerated or persistent startle _____</p> <p>13. (D1) Sleep problems _____</p> <p>14. (D2) Irritability/anger _____</p> <p>15. (D3) Concentration problems _____</p> <p>16. (D4) Hypervigilance _____</p> <p>17. (D5) Exaggerated startle _____</p>	<p>18. (B5) Cues: Physiological reactivity _____</p> <p>19. (C7) Foreshortened future _____</p> <p>20. (C8) Detachment/estrangement _____</p> <p>21. (C9) Restricted affect _____</p> <p>22. (C10) Restricted affect _____</p> <p>23. (C11) Restricted affect _____</p> <p>24. (C12) Restricted affect _____</p> <p>25. (C13) Restricted affect _____</p> <p>26. (C14) Restricted affect _____</p> <p>27. (C15) Restricted affect _____</p> <p>28. (C16) Restricted affect _____</p> <p>29. (C17) Restricted affect _____</p> <p>30. (C18) Restricted affect _____</p> <p>31. (C19) Restricted affect _____</p> <p>32. (C20) Restricted affect _____</p>
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	Mild
	Normal
	0–30 min
(C) <sup>a</sup>	A moment up to 24 hrs
	0–1 day
in the first	13–15

<p>reactivity _____ Score <math>\geq</math> Symptom</p> <p>18. (B5) Cues: Physiological reactivity _____ Cutoff: _____</p> <p>reactivity _____</p> <p><b>CRITERION B SEVERITY</b></p> <p>SCORE (Sum of above scores): = _____</p> <p><b>DSM-IV CRITERION B MET:</b></p> <p>(Diagnosis requires at least 1 "B" Symptom): YES NO</p>	<p>8. (C5) Detachment/estrangement _____ Scores <math>\geq</math> Symptom</p> <p>* 10. or 11. (C6) Affect restricted _____ Cutoff: _____</p> <p>19. (C7) Foreshortened future _____</p> <p>[*Place the highest Score from either Question 10 or 11 in the blank above.]</p> <p><b>CRITERION C SEVERITY</b></p> <p>SCORE (Sum of above scores): = _____</p> <p><b>DSM-IV CRITERION C MET:</b></p> <p>(Diagnosis requires at least 3 "C" Symptoms): YES NO</p>
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<p><b>CRITERION D (INCREASED AROUSAL) SX.</b></p> <p><b>Question #/DSM-IV Symptom Score</b></p> <p>13. (D1) Sleep problems _____</p> <p>4. (D2) Irritability/anger _____</p> <p>16. (D3) Concentration problems _____ # of Criterion D</p> <p>1. (D4) Hypervigilance _____ Questions with</p> <p>12. (D5) Exaggerated startle _____ Score <math>\geq</math> Symptom</p> <p>Cutoff: _____</p> <p><b>CRITERION D SEVERITY</b></p> <p>SCORE (Sum of above scores): = _____</p> <p><b>DSM-IV CRITERION D MET:</b></p> <p>(Diagnosis requires at least 2 "D" Symptoms): YES NO</p>	<p><b>DSM-IV PTSD DIAGNOSTIC INFO.</b></p> <p><b>DSM-IV FULL PTSD DIAGNOSIS LIKELY</b></p> <p>(Criteria A, B, C, D all met) YES NO</p> <p><b>PARTIAL PTSD LIKELY</b></p> <p>(Criterion A met and: Criteria (B + C) or (B + D) or (C + D)) YES NO</p>
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## TABLE OF CONTENTS

We have started this notebook of helpful handouts and reminder sheets for using TF-CBT with your clients. These materials are a starter toolkit that you can add to over time. We hope to send you additions to your toolkit as we learn from each other.

### TF-CBT Model

TF-CBT Memory Jogger

### Assessment and Treatment Planning with TF-CBT

CRAFTS acronym for TF-CBT assessment and treatment planning domains

Assessment tips

Sample TF-CBT treatment plan for submission to Missouri Healthnet

Sample frequency rating sheet

Frequency rating sheet

TF-CBT fidelity checklist

TF-CBT treatment steps tracking form

TF-CBT supervisor's adherence checklist

TF-CBT supervisee rating form

### Psychoeducation about trauma

Educating children and families about trauma and TF-CBT

TF-cbt manual. Tf-cbt manual pdf. Tf-cbt book.

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