

An Introduction to Trauma-Focused Cognitive Behavioral Therapy

Presenter: Anette Birgersson

Recorded on: December 11, 2024

Length: 3.5 hours

One hour and 30 minutes

- Introduction and overview
- Founders of TF-CBT
- Core components of TF-CBT
- Pacing
- Types of trauma
- Trauma response and symptoms
- Readiness, needs, and vulnerabilities
- Hinderances in treatment
- Family buy-in

One hour and 15 minutes

- Trauma Assessment
- CATS-2
- Vicarious trauma, secondary trauma, and self-care
- Safety
- Parenting skills

45 minutes

- Psychoeducation
- Relaxation and mindfulness
- Affect regulation
- Emotional regulation
- Measuring distress/emotions
- Cognitive coping
- Trauma narrative
- Gradual exposure in telling the story
- Conjoint session
- Enhancing safety

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