



## An Introduction to Trauma-Focused Cognitive Behavioral Therapy

**Presenter:** Anette Birgersson

**Date:** December 11, 2024

**Time:** 11:00 AM to 2:45 PM ET (*All times East Coast USA Local Time*)

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| <b>11:00 am – 12:30 pm</b> | <ul style="list-style-type: none"><li>• Introduction and overview</li><li>• Founders of TF-CBT</li><li>• Core components of TF-CBT</li><li>• Pacing</li><li>• Types of trauma</li><li>• Trauma response and symptoms</li><li>• Readiness, needs, and vulnerabilities</li><li>• Hinderances in treatment</li><li>• Family buy-in</li></ul>                           |
| <b>12:30 – 12:40 pm</b>    | <ul style="list-style-type: none"><li>• 10-minute break</li></ul>   |
| <b>12:40 – 1:55 pm</b>     | <ul style="list-style-type: none"><li>• Trauma Assessment</li><li>• CATS-2</li><li>• Vicarious trauma, secondary trauma, and self-care</li><li>• Safety</li><li>• Parenting skills</li></ul>  |
| <b>1:55 – 2:00 pm</b>      | <ul style="list-style-type: none"><li>• 5-minute break</li></ul>  |
| <b>2:00 – 2:45 pm</b>      | <ul style="list-style-type: none"><li>• Psychoeducation</li><li>• Relaxation and mindfulness</li><li>• Affect regulation</li><li>• Emotional regulation</li><li>• Measuring distress/emotions</li><li>• Cognitive coping</li><li>• Trauma narrative</li><li>• Gradual exposure in telling the story</li><li>• Conjoint session</li><li>• Enhancing safety</li></ul> |

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