

Psycho-education:

Begins at first phone call

3 Major Topics to cover with both kids and caregivers, first separately and then together:

1. Impact of trauma
  - a. tie to assessment- why are you asking about trauma symptoms-> symptoms are normal expected response
  - b. Snakes and sticks
  - c. Winter coat in Florida
  - d. Trauma memory bully
2. TF-CBT
  - a. Caregivers significant part of treatment
  - b. Confidentiality is different
  - c. Components based model
  - d. Brief!
  - e. Agenda-driven- Minimize COWS
3. Information specific to child's trauma type
  - a. Use Socratic questioning to learn child's beliefs about this trauma type
  - b. Use Socratic questioning to provide useful additional information:
    - i. What is this trauma type (sexual abuse, domestic violence, etc)?
    - ii. Who experiences this trauma type (sexual abuse, domestic violence, etc)?
    - iii. Who perpetrates this trauma type (sexual abuse, domestic violence, etc)?
    - iv. Why does this trauma type (sexual abuse, domestic violence, etc) happen?
    - v. How do kids feel when this trauma type (sexual abuse, domestic violence, etc) happens?
    - vi. What do kids worry about when this trauma type (sexual abuse, domestic violence, etc) happens?
    - vii. How do kids behave when this trauma type (sexual abuse, domestic violence, etc) happens?
    - viii. Why don't kids tell when this trauma type (sexual abuse, domestic violence, etc) happens?