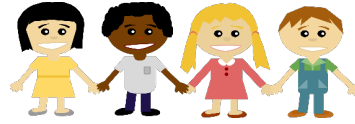


## TF CBT for Tinies



### IMAGES, IMAGES, AND MORE IMAGES

- Purpose: Engage tiny, empowerment
- Ex: Agenda, Symptoms, Badges



### BADGE WEARER

- Purpose: Engage tiny, show amount of hard work put in
- Earn a sticker (scrapbook stickers work best) and affix to badge for each session completed. Make a big deal each time during sticking on badge at end of session. Tiny wears badge to each session.



### SUDS BODY ACTION

- Purpose: "Assess" tiny for symptom progression, empowerment, check/balance to only parent reporting
- None (sit on floor)
- Little (on my feet, squatting really low)
- Some (on my knees)
- A lot (standing on my tiptoes with my arms in the air)



### SINGING LIKE DANIEL TIGER

- Purpose-introduce a term in a fun way, parenting/bonding opportunity (to watch show with tiny)
- Sexual Abuse Song
- Domestic Violence Chant



### YUCKY STUFF BOX

- Purpose: relaxation skill, empowerment, strengthen therapeutic rapport, promote caregiver bonding, psychoeducation re: therapist's role
- Boxes remain with therapist



### WALL OF STRENGTH/BOWL OF STRENGTH

- Purpose: relaxation skill, resource tool, built-in encouragement for therapist and caregivers
- Need: small bulletin board, index cards, markers/colored pencils/crayons, glass bowl
- Bowl of Strength: for caregivers. Particularly strong affirmations I reproduce to give out mx times