Example TF-CBT Treatment Plan and Goals

Name: **Date of Plan**:
DOB: **Medical Record #**:

Diagnosis: Axis I   309.81 Posttraumatic Stress Disorder
                         Axis II
                         Axis III
                         Axis IV
                         Axis V   GAF =

Treatment Plan:

1. *Goal*: <CHILD> and <CAREGIVER> will learn accurate knowledge about <LIST

   TRAUMA TYPE>, common responses to trauma, and the treatment process.

   Objective: 1) <CHILD> and <CAREGIVER> will learn facts about <TRAUMA TYPE>.

   2) <CHILD> and <CAREGIVER> will learn facts about Posttraumatic Stress

   Disorder (PTSD), trauma-related symptoms, and will receive accurate information

   about trauma exposure and recovery.

   3) <CHILD> and <CAREGIVER> will become familiarized with the TF-CBT

   model and approach.

   4) Culturally specific issues relating to beliefs about trauma, treatment and the

   healing process will be addressed with the family.

   Intervention: Trauma-Focused Cognitive-Behavioral Therapy

   Method for Evaluating Progress: <CHILD>'s and <CAREGIVER>'s report and

   demonstrated knowledge in session, TSCC, TSCYC, UCLA PTSD Index, BASC-2

2. *Goal*: <CAREGIVER> will develop enhanced skills designed for parenting a traumatized

   child.

   Objectives: 1) <CAREGIVER> will learn the PRIDE skills for providing positive

   reinforcement for desired, appropriate child behaviors.

2) <CAREGIVER> will learn to utilize planned ignoring to manage undesired child behaviors that are not harmful to child or others.

3) <CAREGIVER> will learn methods for providing developmentally appropriate parenting commands and consequences to shape child behavior.

Intervention: Trauma-Focused Cognitive-Behavioral Therapy

Method for Evaluating Progress: Caregiver report and demonstrated skill in session, <CHILD>'s demonstrated compliance in session, BASC-2, ECBI

3. *Goal*: <CHILD> and <CAREGIVER> will develop skills to reduce levels of physiological arousal related to stressful experiences and trauma reminders.

Objectives: 1) <CHILD> will learn controlled breathing.

2) <CHILD> will learn progressive muscle relaxation.

3) <CHILD> will learn thought stopping techniques.

4) <CHILD> will teach the above skills to <CAREGIVER> and will practice them together outside of sessions.

Intervention: Trauma-Focused Cognitive-Behavioral Therapy

Method for Evaluating Progress: Caregiver report, <CHILD>'s demonstrated skill in session, <CHILD>'s physiological arousal ratings, TSCC, TSCYC, UCLA PTSD Index

4. *Goal*: <CHILD> will be able to engage in healthy expression of emotions related to traumatic experiences and be able to regulate distressing emotions.

Objective: 1) <CHILD> will learn to identify and rate feelings.

2) <CHILD> will learn skills for healthy expression of emotions.

3) <CHILD>'s caregiver will encourage and praise <CHILD>'s healthy expression of emotions.

Intervention: Trauma-Focused Cognitive-Behavioral Therapy

Method for Evaluating Progress: Caregiver report, <CHILD>'s report and skill demonstration in session, TSCC, TSCYC, UCLA PTSD Index, BASC-2

5. *Goal*: <CHILD> will learn to view traumatic and stressful experiences in accurate and healthy ways.

   Objectives: 1) <CHILD> will learn the relationship between thoughts, feelings, and behaviors.

   2) <CHILD> will learn to generate alternative thoughts that are more accurate or more helpful.

   3) <CHILD> will explore and correct inaccurate or unhelpful thoughts and beliefs related to the traumatic memories.

   4) <CHILD>'s caregiver will learn the thought-feeling-behavior relationship and learn to support <CHILD> in generating accurate/helpful thoughts related to traumatic and stressful experiences.

   Intervention: Trauma-Focused Cognitive-Behavioral Therapy

   Method for Evaluating Progress: <CHILD>'s and <CAREGIVER>'s report and demonstrated skill in session, TSCC, TSCYC, UCLA PTSD Index, BASC-2

6. *Goal*: <CHILD> will decrease physical and psychological distress related to traumatic experiences.

   Objectives: 1) <CHILD> will participate in gradual exposure to reduce anxious arousal related to trauma memories.

   2) <CHILD>'s caregiver will learn skills and participate in therapeutic activities designed to support their child through the gradual exposure process.

   Intervention: Trauma-Focused Cognitive-Behavioral Therapy

   Method for Evaluating Progress: Caregiver report, <CHILD>'s demonstrated in-session distress reduction and reported distress reduction outside of session, TSCC, TSCYC, UCLA PTSD Index, BASC-2

7. *Goal*: <CHILD> will reduce distress related to specific innocuous trauma reminders.

Objectives: 1) <CHILD> will create a fear hierarchy and plan for approaching trauma cues.

2) <CHILD> will participate in in-vivo mastery of specific trauma reminders.

3) <CAREGIVER> will work to support their child throughout the in-vivo mastery process.

Intervention: Trauma-Focused Cognitive-Behavior Therapy

Method for Evaluating Progress: Caregiver report, <CHILD>'s demonstrated and reported distress level reduction both inside and outside of session

8. *Goal*: <CHILD>'s personal safety and the safety of others will be enhanced.

Objectives: 1) <CHILD> will learn to identify people and places that provide safety.

2) <CHILD> will learn skills for seeking and accessing safety.

3) <CAREGIVER> will learn accurate and age appropriate information about child safety risks.

4) <CAREGIVER> will learn enhanced child supervision skills.

Intervention: Trauma-Focused Cognitive-Behavior Therapy

Method for Evaluating Progress: Caregiver report, <CHILD>'s demonstration of skills both inside and outside of session

9. *Goal:* <CHILD> will develop healthy interpersonal and sexual boundaries.

Objectives: 1) <CHILD> will learn sexual boundary rules (e.g., Private Parts Rules).

2) <CHILD> will implement sexual boundary rules both at home and in public.

3) <CAREGIVER> will learn enhanced child supervision skills and reduce opportunities in environment for inappropriate child sexual behavior.

4) <CAREGIVER> will learn methods for behavior management of inappropriate child sexual behavior.

Intervention: Trauma-Focused Cognitive-Behavior Therapy

Method for Evaluating Progress: Caregiver report, <CHILD>'s demonstrated knowledge of rules and healthy boundaries in session, CSBI

_____   _____   _____   _____
Therapist   Date   Supervisor   Date

_____   _____
Caregiver   Date