

## Trauma-Focussed Cognitive Behavioural Therapy (TF-CBT) for Children and Young People with Post-Traumatic Stress Disorder

Time	Day 1	Day 2
<b>0900</b>	<b>Registration</b>	<b>Registration</b>
0930	Introduction and goal setting  The cognitive model of PTSD: Memory	Questions from Day 1 (and maybe some answers)  Key contexts: psychoeducation
1030		*Skills practice: Rationale for trauma-focused work
<b>1100</b>	<b>Break</b>	<b>Break</b>
1120	The cognitive model of PTSD: Meaning  PTSD	Feedback from Skills Practice  Key contexts: therapeutic relationship, resource development  Skills practice: Social circles
1210		*Skills practice: Safe place elicitation
<b>1230</b>	<b>Lunch</b>	<b>Lunch</b>
1315	Assessment of PTSD	Key components: reducing avoidant coping, development of trauma narrative
1400	*Skills Practice: Assessment	*Skills Practice: Development of the trauma narrative
<b>1430</b>	<b>Break</b>	<b>Break</b>
1450	Feedback from Skills Practice  Self Care  Key contexts safety, systemic work	Feedback from Skills Practice  Evidence supporting use of CBT for CYP with PTSD  Application  Feedback and action planning
<b>1600</b>	<b>End</b>	<b>End</b>