**Diagnosis**

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| F43.8 | Other Specified Trauma and Stressor Related Disorder |

### Presenting Problem

### Taylor was referred for a BCAA due to reported sexual abuse. TF-CBT was recommended due to trauma symptoms endorsed and family stress related to the reported sexual abuse.

### Treatment Goals

Treatment: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)   
1. Reduce PTSD Arousal   
2. Reduce PTSD Avoidance   
3. Reduce PTSD Reexperiencing   
4. Reduce Negative Emotions and Cognitions   
5. Decrease risk for relapse and need for higher care

**Estimated Completion:** 6 Months

### Objective #1

Reduce PTSD Arousal: Reduce physiological arousal. Improve sleep. Increase feeling of safety.

Treatment Strategy / Interventions: Psycho-Education, Relaxation/Deep Breathing, Guided Imagery, PRM, Symptom Management, Structured Problem Solving, Cognitive Reframing, Safety Skills, Gradual Exposure.

Estimated Completion: 6 Months

### Objective #2

Reduce PTSD Avoidance: Increase ability to identify trauma reminders and avoidant behavior. Manage avoidant behavior. Reduce avoidance of trauma memories.

Treatment Strategy / Interventions: Psycho-Education, Affect Regulation, Relaxation/Deep Breathing, Communication Skills, Gradual Exposure, Cognitive Reframing, Cognitive Challenging, Exploration of Coping Patterns.

Estimated Completion: 6 Months

### Objective #3

Reduce PTSD Reexperiencing: Decrease intrusive thoughts/ memories.

Treatment Strategy / Interventions: Gradual Exposure, Trauma Narrative, Psycho-Education, Exploration of Emotions, Cognitive Reframing, Communication Skills.

Estimated Completion: 6 Months

### Objective #4

Reduce Negative Emotions and Cognitions: Increase ability to identify, accept, and manage affect and identify negative cognitions. Appropriately label basic feelings. Tolerate discussing positive and negative emotions and cognitions. Increase communication about thoughts and feelings with caregiver. Extinguish feelings of guilt and shame. Increase social contacts.

Treatment Strategy / Interventions: Psycho-Education, Exploration of Emotions, Affect Regulation, Cognitive Reframing, Cognitive Refocusing, Cognitive Challenging, Behavior Activation.

Estimated Completion: 6 Months

### Objective #5

Decrease risk for relapse and need for higher care: Caregiver will acquire coping skills and assist child. Improve communication among child and caregiver around abuse and thoughts/feelings related to abuse. Anticipate and plan for triggers that may arise in future.

Treatment Strategy / Interventions: Psycho-Education, Communication Skills, Exploration of Coping Patterns, Parenting Skills, Safety Planning, Conjoint Sessions.

Estimated Completion: 6 Months

### Prescribed Frequency of Treatment

Weekly

Clinician Name, Credential:

Clinician Title:

Provider's Signature Date