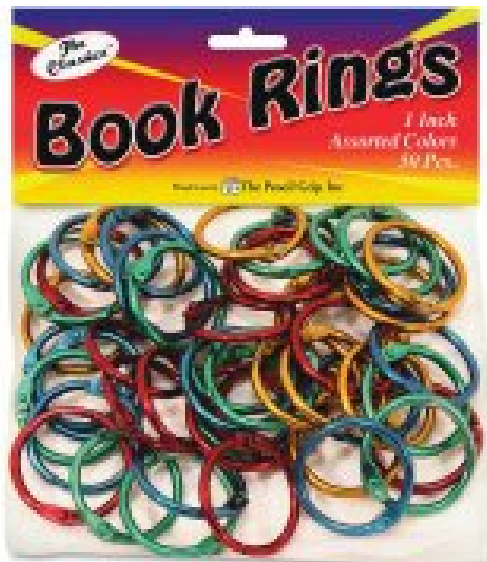
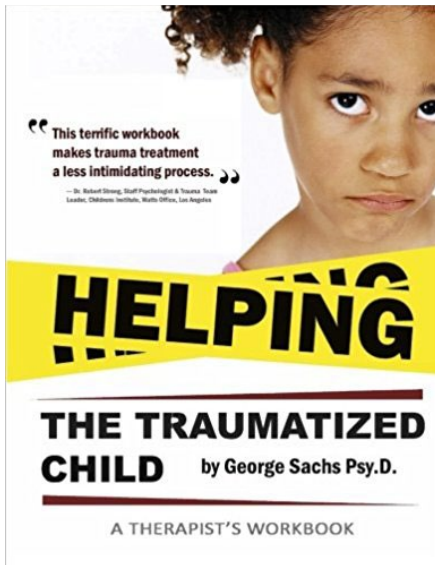


TF-CBT Resources

1. Coping Skill Ring

I have found it helpful to assist children in learning, practicing, and independently implementing coping skills by using this visual aide. In one individual session, I work with the child to identify several (I ask the child to pick up to **five** of their favorite) coping skills. I then use the *Boardmaker Studio* program to create a printable form representing each skill visually. This could also be done using other programs (Microsoft Word, Microsoft Publisher). **Please see attached example. I then print off the finished project, laminate the paper, cut out each “button” or individual coping skill. Using a **small book ring** (available at Walmart and Target), I punch a hole in the top of each “button” and fasten them on the book ring. The child is then instructed to keep the coping skill ring with them as often as possible and use this tool to assist them in choosing an appropriate calming tool whenever they feel distressed.





2. I have found this particularly helpful when implementing TF-CBT with children. I purchased this workbook on Amazon for approximately \$20. One of the most beneficial parts of this book is the option to easily digitally download the workbook for no charge after purchase to assist with photocopying or printing of desired pages. I have found the psychoeducation and cognitive coping portions of this workbook most helpful, especially when combined with the TF-CBT workbook download offered as part of the training.
3. For children who respond well to music-based strategies, I have used the “Belly Breathe” video by Colbie Caillat and Common found on You Tube to teach children deep breathing strategies in a lighthearted way.
<https://www.youtube.com/watch?v= mZbzDOpylA&t=1s>