Psychoeducation and Parenting
Psychoeducation about childhood trauma and PTSD
Parenting component, including parent management skills

Relaxtion
Relaxation skills individualized to the child and parent

Affect Modulation
Affective modulation skills adapted to the child, family, and culture

Cognitive Coping
Connecting thoughts, feelings, and behaviors related to the trauma

Trauma Narrative
Assisting the child in sharing a verbal, written or artistic narrative about the trauma(s) and related experiences
Including cognitive and affective processing of the trauma experiences

InVivo Exposure
Mastery of trauma reminders

Conjoint Parent-Child Sessions
Practice skills and enhance trauma-related discussions

Enhancing Safety and Development
Enhancing future personal safety and optimal developmental trajectory by providing safety planning and social skills training