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It's not specific to TF-CBT, but there is a lot of overlap between TF-CBT techniques and discussions of PTSD causes, symptoms, and suggestions for healing. The workbook will guide the reader through interventions, activities, and exercises that can help those suffering from trauma to not only cope, but thrive.

Art Therapy and TF-CBT; APSAC Task Force on Attachment Therapy; TF-CBT with Ongoing Trauma; Practice Parameters for Treatment and Assessment of PTSD; Playful TF-CBT; Spirituality and TF-CBT; TF-CBT and Behavior Problems; TF-CBT and Child Experiences; TF-CBT and Complex Trauma; TF-CBT and Co-Occurring Behavior Problems; TF-CBT and Emotion Regulation
YOUR VERY OWN TF-CBT WORKBOOK

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