

**North Carolina Child Treatment Program
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
Fidelity Checklist**

This tool is intended to help measure TF-CBT fidelity at the case level. It may be used by the treating clinician for self-monitoring or by a consultant/supervisor conducting fidelity monitoring. This should only be used by a clinician who has been trained in TF-CBT.

Each TF-CBT component is listed sequentially, with the exception of In Vivo Desensitization and Imminent Safety Risk which may be provided at any point during treatment. Each component includes goals for the client and caregiver, as well as clinician adherence items for the client only, caregiver only, and conjoint sessions. Adherence items should be checked off if completed. Each component is then scored in its entirety using a 0-3 scale described below, with a minimum score of 2 required.

- 0 = necessary component adherence items not addressed with this client and caregiver
- 1 = necessary component adherence items not addressed with this client and caregiver with sufficient clinical competence to meet the goals of the component
- 2 = necessary component adherence items addressed with this client and caregiver and goals of the component met with clinical competence
- 3 = necessary component adherence items addressed with this client and caregiver and goals of the component met with exceptional clinical competence

Note: clinicians must use their clinical judgement to determine whether particular adherence items are necessary for a given client or caregiver in order to best meet the component goals. If component items are not completed, the clinician should be able to provide a clinically sound rationale for their exclusion. This may be included in place of a check for the item, or in the Comments column, or may be discussed during consultation/supervision or the case review process.

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PRE-TREATMENT ASSESSMENT AND EARLY PSYCHOEDUCATION:						
Client and caregiver goals:						
1. Client and caregiver will participate in clinical assessment, minimally addressing trauma history, symptoms, and functioning.						
2. Client and caregiver will demonstrate understanding of relationship among client trauma history, symptoms, and functioning.						
3. Client and caregiver will commit to treatment process.						
4. Client and caregiver will demonstrate understanding of trauma and its impact.						
5. Client and caregiver will demonstrate understanding of TF-CBT model and goals.						
CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Conducted pre-treatment clinical assessment		Conducted pre-treatment clinical assessment		Assessed client-caregiver relationship		
Provided pre-treatment assessment results		Provided pre-treatment assessment results		Reviewed relevant pre-treatment assessment results		
Enhanced knowledge and beliefs regarding the general impact of trauma		Enhanced knowledge and beliefs regarding the general impact of trauma		Enhanced knowledge and beliefs regarding the general impact of trauma		
Introduced TF-CBT model		Introduced TF-CBT model				

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Developed TF-CBT treatment plan		Developed TF-CBT treatment plan		Refined TF-CBT treatment plan		
Conducted functional analysis of targeted trauma symptoms		Conducted functional analysis of targeted client trauma symptoms		Refined functional analysis of targeted client trauma symptoms		
Assigned Pre-Treatment Assessment homework		Assigned Pre-Treatment Assessment homework		Assigned Pre-Treatment Assessment homework		
Prepared for Pre-Treatment Assessment conjoint session		Prepared for Pre-treatment Assessment conjoint session				
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		
Other:		Other:		Other:		
FULL COMPONENT SCORE:						

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TRAUMA-SPECIFIC PSYCHO-EDUCATION:						
Client and caregiver goals:						
1. Client and caregiver will demonstrate understanding of client trauma type.						
2. Client and caregiver will demonstrate increased comfort discussing client trauma type.						
CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Enhanced knowledge and beliefs regarding client-specific trauma type		Enhanced knowledge and beliefs regarding the client-specific trauma type		Enhanced knowledge and beliefs regarding client-specific trauma type		
Assigned Trauma-Specific Psychoeducation Homework		Assigned Trauma-Specific Psychoeducation homework		Assigned Trauma-Specific Psychoeducation homework		
Prepared for Trauma-Specific Psychoeducation conjoint session		Prepared for Trauma-Specific Psychoeducation conjoint session				
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		
Other:		Other:		Other:		
FULL COMPONENT SCORE:						

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Parenting:		
Caregiver goals: Caregiver will demonstrate ability to apply positive parenting skills in general and trauma-related situations.		
CAREGIVER ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		
Reviewed previously assigned homework		
Monitored targeted client trauma symptoms		
Developed ability to use praise with client		
Developed ability to use selective attention with client		
Developed ability to use contingency reinforcement with client		
Developed ability to integrate parenting skills		
Assigned Parenting homework		
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		
Other:		
FULL COMPONENT SCORE:		

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Relaxation:						
Client and caregiver goals:						
1. Client will demonstrate ability to apply relaxation skills in general and trauma-related situations						
2. Caregiver will reinforce client use of relaxation skills to manage trauma symptoms.						
3. Client will demonstrate decrease in physiological manifestation of trauma symptoms through use of relaxation skills						
CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Developed ability to use relaxation skills		Developed strategies to reinforce client use of relaxation skills		Reinforced client ability to use relaxation skills		
Assigned Relaxation homework		Assigned Relaxation homework		Assigned Relaxation homework		
Prepared for Relaxation conjoint session		Prepared for Relaxation conjoint session				
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		
Other:		Other:		Other:		
FULL COMPONENT SCORE:						

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AFFECTIVE EXPRESSION AND MODULATION:

Client and caregiver goals:

1. Client will demonstrate ability to apply affective expression and modulation skills in general and trauma-related situations.
2. Caregiver will reinforce client use of relaxation skills and affective expression and modulation skills to manage trauma symptoms.
3. Client will demonstrate decrease in affective manifestation of trauma symptoms through use of affective expression and modulation skills, in addition to relaxation skills.

CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Developed ability to use emotions vocabulary		Developed strategies to reinforce client use of emotions vocabulary				
Developed ability to identify physiologic response to emotions in self		Developed strategies to reinforce client identification of physiologic response to emotion in self				
Developed ability to assess emotional intensity in self		Developed strategies to reinforce client assessment of emotional intensity in self				
Developed ability to identify indicators of emotion in others		Developed strategies to reinforce client identification of emotion in others				
Developed ability to regulate emotion through integration of TF-CBT skills		Developed strategies to reinforce client emotion regulation through integration of TF-CBT skills		Developed ability to regulate emotion through integration of TF-CBT skills		

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Assigned Affective Expression and Modulation homework	Assigned Affective Expression and Modulation homework	Assigned Affective Expression and Modulation homework	
Prepared for Affective Expression and Modulation conjoint session	Prepared for Affective Expression and Modulation conjoint session		
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	
Other:	Other:	Other:	
FULL COMPONENT SCORE:			

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Cognitive Coping:						
Client and caregiver goals: 1. Client will demonstrate use of cognitive coping skills in general and trauma-symptom related situations. 2. Caregiver will reinforce client use of relaxation skills, affective expression and modulation skills, and cognitive coping skills to manage trauma symptoms. 3. Client will demonstrate decrease in cognitive manifestation of trauma symptoms through use of cognitive coping skills, in addition to relaxation skills and affective expression and modulation skills.						
CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Developed ability to differentiate cognitions and emotions		Developed strategies to reinforce client differentiation of cognitions and emotions				
Developed ability to apply the cognitive triangle		Developed strategies to reinforce client application of the cognitive triangle				
Developed ability to identify automatic thoughts and thought patterns		Developed strategies to reinforce client identification of automatic thoughts and thought patterns				
Developed ability to assess cognitive distortions		Developed strategies to reinforce client assessment of cognitive distortions				
Developed ability to use cognitive coping techniques		Developed strategies to reinforce client use of cognitive coping techniques				

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Developed cognitive coping ability through integration of TF-CBT skills	Developed strategies to reinforce client cognitive coping through integration of TF-CBT skills	Reinforced client cognitive coping ability through integration of TF-CBT skills	
Assigned Cognitive Coping homework	Assigned Cognitive Coping homework	Assigned Cognitive Coping homework	
Prepared for Cognitive Coping conjoint session	Prepared for Cognitive Coping conjoint session		
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	
Other:	Other:	Other:	
FULL COMPONENT SCORE:			

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Trauma Narration and Processing:

Client and caregiver goals:

1. Client will articulate an organized, sequenced memory of traumatic events.
2. Client will demonstrate decreased reactivity to trauma reminders.
3. Client will articulate accurate or helpful cognitions regarding trauma experience.
4. Client will articulate examples of self-efficacy regarding trauma experience.
5. Client will articulate enhanced perception of self, others, or world relative to trauma experience.
6. Caregiver will reinforce client ability to decrease reactivity to trauma reminders.
7. Caregiver will reinforce accurate or helpful client cognitions regarding trauma experience.
8. Caregiver will reinforce client sense of self-efficacy regarding trauma experience.
9. Caregiver will reinforce enhanced client perception of self, others, or world relative to trauma experience.
10. Client and caregiver will demonstrate increased distress tolerance, relative to client trauma experience.

CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Introduced trauma narration		Introduced trauma narration and re-processing				
Initiated trauma narration		Addressed potential client treatment resistance or symptom escalation during narration				
Incorporated specific trauma memories into narration						
Incorporated “worst” trauma memories into narration						

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Reviewed trauma-specific content from prior narration sessions		Exposed caregiver to trauma narration throughout development process		Shared the completed and re-processed trauma narration	
Introduced concept of trauma re-processing within narration					
Identified and addressed trauma reminders within narration		Identified and addressed client trauma reminders		Reinforced client ability to address trauma reminders	
Identified and addressed cognitive distortions within narration		Enhanced ability to address client cognitive distortions regarding trauma experience		Enhanced accurate and helpful client cognitions regarding trauma experience	
Incorporated examples of self-efficacy within narration		Enhanced ability to reinforce client perception of self-efficacy with regard to trauma experience		Enhanced client perception of self-efficacy with regard to trauma experience	
Incorporated helpful perceptions of self, others, or world within narration		Enhanced ability to reinforce helpful client conceptualization of trauma experience		Enhance helpful client conceptualization of trauma experience	
				Addressed sub-optimal caregiver response to client trauma experience, if relevant	
Assigned on-going TF-CBT skills practice as sole form of homework during trauma narration development and processing		Assigned on-going TF-CBT skills practice as sole form of homework during trauma narration development and processing		Assigned Pre-Treatment Assessment homework	
Prepared for Trauma Narration and Processing conjoint session		Prepared for Trauma Narration and Processing conjoint session			

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Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		
Other:		Other:		Other:		
FULL COMPONENT SCORE:						

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ENHANCING FUTURE SAFETY AND DEVELOPMENT:						
Client and caregiver goals: 1. Client and caregiver will demonstrate skills to reduce risk of client-specific trauma recurrence. 2. Client and caregiver will demonstrate enhanced self-efficacy regarding ability to address future risk. 3. Client and caregiver will demonstrate skills to reduce impact of trauma on future development. 4. Client and caregiver will demonstrate enhanced communication regarding future safety and development.						
CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Identified potential risk to future physical or psychological safety		Identified potential risk to future physical or psychological safety				
Developed ability to use trauma-related safety skills		Developed strategies to reinforce client use of trauma-related safety skills		Reinforced client ability to use trauma-related safety skills		
Identified potential impact of trauma on future development		Identified potential impact of client trauma on future development				
Developed ability to address potential impact of trauma on future development		Developed strategies to address potential impact of client trauma on future development		Reinforced client ability to address potential impact of trauma on development		
Assigned Enhancing Future Safety and Development homework		Assigned Enhancing Future Safety and Development homework		Assigned Enhancing Future Safety and Development homework		

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Prepared for Enhancing Future Safety and Development conjoint session		Prepared for Enhancing Future Safety and Development conjoint session			
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	
Other:		Other:		Other:	
FULL COMPONENT SCORE:					

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POST-TREATMENT ASSESSMENT AND TERMINATION:

Client and caregiver goals:

1. Client and caregiver will participate in clinical assessment, minimally addressing trauma-related symptoms and functioning, as well as new or previously unknown trauma history.
2. Client and caregiver will demonstrate enhanced self-efficacy regarding ability to address persistent, trauma-related symptoms or dysfunction.
3. Client and caregiver will commit to post-treatment recommendations, if clinically indicated.
4. Client and caregiver will celebrate effort and therapeutic achievements.

CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Conducted post-treatment clinical assessment		Conducted post-treatment clinical assessment				
Provided post-treatment assessment results		Provided post-treatment assessment results		Reviewed relevant post-treatment assessment results		
Developed post TF-CBT plan		Developed post TF-CBT plan		Refined post TF-CBT plan		
Prepared for TF-CBT termination		Prepared for TF-CBT termination		Prepared for TF-CBT termination		
Conducted TF-CBT graduation activities if caregiver not available				Conducted TF-CBT graduation activities		
Assigned Post-Treatment Assessment and Termination homework		Assigned Post-Treatment Assessment and Termination homework		Assigned Post-Treatment Assessment and Termination homework		

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Prepared for Post-Treatment Assessment Termination conjoint session		Prepared for Post-treatment Assessment conjoint session			
Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session	
Other:		Other:		Other:	
FULL COMPONENT SCORE:					

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In Vivo Desensitization:						
Client and caregiver goals:						
1. Client will demonstrate ability to apply TF-CBT skills to innocuous trauma reminders.						
2. Caregiver will reinforce client in vivo desensitization process.						
3. Client will demonstrate decrease in response to innocuous trauma reminders.						
CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Reviewed previously assigned homework		Reviewed previously assigned homework		Reviewed previously assigned homework		
Monitored targeted trauma symptoms		Monitored targeted client trauma symptoms		Monitored targeted client trauma symptoms		
Assessed impairment in response to innocuous trauma reminders		Assessed client impairment in response to innocuous trauma reminders				
Introduced in vivo desensitization process		Introduced in vivo desensitization process				
Facilitated development of a stimulus hierarchy		Refined client stimulus hierarchy		Refined in vivo desensitization plan		
Initiated implementation of in vivo desensitization process		Prepared caregiver for in vivo desensitization process		Initiated in vivo desensitization process		
Monitored and adjusted in vivo desensitization plan		Monitored and adjusted in vivo desensitization plan		Monitored and adjusted in vivo desensitization plan		
Assigned In Vivo Desensitization homework		Assigned In Vivo Desensitization homework		Assigned In Vivo Desensitization homework		
Prepared for In Vivo Desensitization conjoint session		Prepared for In Vivo Desensitization conjoint session				

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Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		Delivered TF-CBT content, including gradual exposure, with appropriate pacing throughout treatment session		
Other:		Other:		Other:		
FULL COMPONENT SCORE:						

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IMMINENT SAFETY RISK:						
Client and caregiver goals:						
1. Client and caregiver will demonstrate ability to respond effectively to imminent safety risk.						
2. Client and caregiver will commit to safety plan.						
CHILD ADHERENCE ITEMS	√	CAREGIVER ADHERENCE ITEMS	√	CONJOINT ADHERENCE ITEMS	√	COMMENTS
Developed and utilized written agenda		Developed and utilized written agenda		Developed and utilized written agenda		
Assessed imminent risk to physical or psychological safety		Assessed imminent risk to physical or psychological safety		Assessed imminent risk to physical or psychological safety		
Developed plan to address imminent risk to physical or psychological safety		Developed plan to address imminent risk to physical or psychological safety		Developed or refined plan to address imminent risk to physical or psychological safety		
Initiated plan to address imminent risk to physical or psychological safety		Initiated plan to address imminent risk to physical or psychological safety		Initiated plan to address imminent risk to physical or psychological safety		
Monitored and adjusted safety plan		Monitored and adjusted safety plan		Monitored and adjusted safety plan		
Prepared for Imminent Safety Risk conjoint session		Prepared for Imminent Safety Risk conjoint session				
Other:		Other:		Other:		
FULL COMPONENT SCORE:						