Topic 1 at a Glance: Orientation
(Caregiver and Child)

I. Introductions and Guidelines (Caregiver and Child)
   a. Introduce yourself and complete introductions with family
   b. Briefly describe AF-CBT
   c. Explain important professional rules and regulations

II. Caregiver Treatment Experiences and Referral (Caregiver only)
   a. Learn about the caregiver and family (background)
   b. Review previous treatment history and prior clinician experiences
   c. Briefly discuss status of family and nature of referral

III. Establishing Rapport/Goals with Child (Child only)
   a. Overview
   b. Build a therapeutic alliance
   c. Clarify treatment expectations
   d. Review previous treatment history and prior clinician experiences
   e. Determine child’s general understanding of the reason for referral
   f. Help child to identify own goals – how things should be at home

IV. Preparing Family for Sessions (Caregiver and Child)
   a. Describe treatment structure and participation
   b. Identify any facilitators of and barriers to treatment participation
   c. Review the Weekly Safety Check-in

V. Home Practice
   a. Review rationale for Home Practice Assignments
   b. Potential assignments

Materials
   a. Learning About Each Other Worksheet
   b. Goal Setting Worksheet
   c. Weekly Safety Check-In Worksheets (child and caregiver versions)
I. Personal Coping Skills and Stressors  
   a. Explain rationale for discussing personal coping skills and stressors  
   b. Identify positive life experiences  
   c. Identify stressful life experiences  
   d. Understand caregivers’ family of origin experiences with stress  

II. Pros and Cons of Treatment Participation  
   a. Discuss treatment investment  

III. Review of Assessment Results and Identification of Goals  
   a. Review relevant assessment results  
   b. Identify treatment targets and goals  

IV. Home Practice  
   a. Potential assignments  

Materials  
   a. Stressful Life Experiences Handout  
   b. Decisional Balance Sheets (example and worksheet)  
   c. My Goals for Treatment Worksheet
I. Identifying the Child’s Feelings
   a. Explore common feelings that children experience
   b. Identify other peoples’ feelings
   c. Identify the child’s own feelings
   d. Optional: Additional feeling identification activities

II. Understanding Positive/Negative Family Interactions
   a. Understand routine caregiver-child interactions
   b. Understand child’s perspective on referral incident/context

III. Psychoeducation on Use and Impact of Family Abuse/Conflict
   a. Offer psychoeducation about words and actions that hurt

IV. Alternatives for Families Plan
   a. Introduce and initiate the plan

V. Home Practice
   a. Potential Assignments

Materials
   a. Look, Listen, Ask Handout
   b. Identifying Feelings Handout
   c. My Positive Experiences at Home Worksheet
   d. My Upsetting Experiences at Home Worksheet
   e. Alternatives for Families Plan (AFP)
Topic 4 at a Glance: Talking About Family Experiences and Psychoeducation (Caregiver)

I. Caregiver’s Family of Origin Discipline
   a. Discuss caregiver’s family of origin
   b. Develop the Caregiver Letter

II. Child’s Exposure to Positive and Negative Family Interactions
   a. Explore exposure to positive and negative talk

III. Exposure to Force
   a. Explore exposure to physical force
   b. Summarize discussion

IV. The Referral Incident/Other Conflict Situations
   a. Summarize the incident based on caregiver(s) reports

V. Psychoeducation on Use and Impact of Family Abuse/Conflict
   a. Option #1: For cases referred by the child welfare authority (e.g., child protective services) for an incident of physical force or abuse
   b. Option #2: For cases that do not have child welfare involvement, but do have an incident or history of ongoing or recent conflict

VI. Alternatives for Families Plan
   a. Introduce and initiate the agreement

VII. Home Practice
   a. Potential assignments

Materials
   a. Alternatives for Families Plan (AFP) (from Topic 3)
Topic 5 at a Glance: Emotion Regulation
(Caregiver)

I. The ABC Model and Reaction Triangle
   a. Explain the ABC Model

II. Getting Angry and Anxious
   a. Explain the role and impact of anger and anxiety
   b. Identify physical cues when people get angry and anxious
   c. Describe subjective units of distress
   d. Identify anger triggers
   e. Identify anxiety triggers
   f. Compare anger and anxiety triggers and cues

III. Controlling Anger and Anxiety
   a. Introduce anger and anxiety control
   b. Teach physiological skills: controlled breathing
   c. Teach physiological skills: progressive muscle relaxation

IV. Practice and Relaxation Plan Development
   a. Practice relaxation skills using upsetting experiences
   b. Develop a relaxation plan

V. Developing Materials for Clarification Letter
   a. Document material for clarification

VI. Home Practice
   a. Potential assignments

Materials
   a. ABC Model Handout
   b. Reaction Triangle
   c. Body’s Response to Anger and Anxiety
   d. Feelings Thermometer Worksheet
   e. Anger/Anxiety Warning Signs Worksheet
   f. Stressful Life Experiences Handout (from Topic 2)
   g. How to Relax Using Controlled Breathing Handout
   h. How to Relax Using Progressive Muscle Relaxation Handout
   i. Relaxation Practice Worksheet
   j. Alternatives for Families Plan (AFP) (from Topic 3)
Topic 6 at a Glance: Emotion Regulation (Child)

I. The ABC Model and The Reaction Triangle
   a. Explain the ABC model

II. Getting Angry and Anxious
   a. Explain the role and impact of anger and anxiety
   b. Identify physical and mental cues when people get angry and anxious
   c. Describe subjective units of distress
   d. Identify anger triggers
   e. Identify anxiety triggers
   f. Compare anger and anxiety triggers and cues

III. Controlling Anger and Anxiety
   a. Introduce anger and anxiety control
   b. Teach physiological skills: controlled breathing
   c. Teach physiological skills: progressive muscle relaxation

IV. Practice and Relaxation Plan Development
   a. Practice relaxation skills using upsetting experiences
   b. Develop a relaxation plan

V. Home Practice
   a. Potential assignments

Materials
   a. ABC Model Handout (from Topic 5)
   b. Reaction Triangle (from Topic 5)
   c. Body’s Response to Anger and Anxiety (from Topic 5)
   d. Feelings Thermometer Worksheet (from Topic 5)
   e. Anger/Anxiety Warning Signs Worksheet (from Topic 5)
   f. How to Relax Using Controlled Breathing Handout (from Topic 5)
   g. How to Relax Using Progressive Muscle Relaxation Handout (from Topic 5)
   h. Relaxation Practice Worksheet (from Topic 5)
   i. Alternatives for Families Plan (AFP) (from Topic 3)
Topic 7 at a Glance: Restructuring Thoughts
(Caregiver)

I. Session Overview and Reaction Triangle
   a. Provide rationale for understanding role of cognition

II. Using a Clinician Example to Illustrate the ABC Model Pathway
   a. Explain key steps of cognitive coping

III. Model Application to a Recent Experience
   a. Ask caregiver for and discuss a recent upsetting experience

IV. Model Application to Referral Incident or Conflict Situation
   a. Identify any key contributing thoughts/beliefs
   b. Explore possible alternative thoughts
   c. Review suggestions to increase awareness of cognitive reactions

V. Optional: Challenging Key Problematic Thoughts
   a. Address unrealistic or high child expectations
   b. Address attributions of negative (“hostile”) intent to the child’s behavior

VI. Developing Materials for Clarification Letter
   a. Document material for clarification

VII. Home Practice
   a. Potential assignments

Materials
   a. Reaction Triangle (from Topic 5)
   b. ABC Model Pathway
   c. Patterns of Personal Thinking
   d. Alternatives for Families Plan (AFP) (from Topic 3)
   e. Decisional Balance Sheet (from Topic 2)
Topic 8 at a Glance: Restructuring Thoughts (Child)

I. Session Overview and Reaction Triangle
   a. Provide rationale for role of cognition

II. Clinician Example to Illustrate the ABC Model Pathway
   a. Introduce positive self-statements
   b. Key steps to cognitive coping

III. Model Application to a Recent Experience
   a. Ask child for and discuss a recent upsetting experience

IV. Model Application to Referral Incident or Conflict Situation
   a. Identify any key contributing thoughts/beliefs
   b. Develop appropriate alternative thoughts
   c. Review ways to help child increase awareness of cognitive reactions

V. OPTIONAL: Challenging Key Problematic Thoughts
   a. Address reluctance to altering thoughts about self-blame
   b. Address reluctance to altering thoughts about a dangerous world

VI. Meaning Making of the Referral Incident and Other Experiences of Abuse/Conflict
   a. Explore meaning making of the abuse/conflict

VII. OPTIONAL: Cognitive Coping: Positive Imagery
   a. Develop positive imagery

VIII. Home Practice
   a. Potential assignments

Materials
   a. Reaction Triangle (from Topic 5)
   b. ABC Model Pathway (from Topic 7)
   c. Alternatives for Families Plan (AFP) (from Topic 3)
   d. Decisional Balance Worksheet (from Topic 2)
Topic 9 at a Glance: Noticing Positive Behavior
(Caregiver)

I. Returning to the ABC Model
   a. Briefly review the ABC Model

II. The Importance of Your Parenting Style and Role
   a. Introduce the concept of parenting styles
   b. Introduce topic of parent training

III. The Child’s Positive Behaviors
   a. Identify positive behaviors and their characteristics

IV. The Role of the Caregiver as Coach
   a. Discuss roles of the caregiver

V. Consistency
   a. Explain importance of consistency

VI. Attending
   a. Provide a rationale
   b. Teach the skill

VII. Praise
   a. Provide a rationale
   b. Teach the skill

VIII. Rewards (Positive Reinforcement)
   a. Provide a rationale
   b. Teach the skill
   c. Practice the skill

IX. Positive Instructions and Approving Statements
   a. Provide a rationale
   b. Teach the skill

X. Developing Materials for Clarification Letter
   a. Document material for clarification

XI. Home Practice
   a. Potential assignments
I. Social Skills with Friends & Family
   a. Understand the child’s friendships
   b. Give rationale: What are social skills and why use them?
   c. Review ways to show good social skills with friends/family

II. Assertiveness: Making Requests
   a. Illustrate different ways people get along with others
   b. Teach how to make requests

III. Assertiveness: Standing Up for Yourself
   a. Why stand up for yourself and when
   b. Teach the skills for standing up for yourself

IV. Social Support Plans
   a. Give rationale for social supports for emergencies/problems

V. Home Practice
   a. Potential assignments

VI. Optional: Brief Check-In with Caregiver and Child
   a. Briefly mention the social support plan contacts

Materials
   a. Ways to be Nice to Friends and Family Worksheet
   b. ABC Model Pathway (from Topic 7)
   c. If I Need Help Worksheet
Topic 11 at a Glance:
Techniques for Managing Behavior
(Caregiver)

I. Matching the Method to the Problem Behavior
   a. Review types of behavior and potential strategies

II. Guidelines for Effective Discipline
   a. Explain general rules for using consequences.
   b. Explain what natural and logical consequences are
   c. Review “when-then” statements
   d. Practice the skill

III. A Positive Approach to Managing Children’s Annoying Behaviors
   a. Identify annoying behaviors
   b. Introduce strategies to manage annoying behaviors
   c. Identify positive opposites
   d. Teach active ignoring

IV. Removing Privileges
   a. Review purpose and skills
   b. Practice the procedure

V. Time Out from Positive Reinforcement
   a. Teach steps to using time out
   b. Practice the procedure

VI. Contracts
   a. Discuss purpose and skills

VII. Developing Materials for the Clarification Letter
   a. Document material for clarification

VIII. Home Practice
   a. Potential assignments

Materials
   a. Matching Parenting Technique with Type of Behavior Handout (from Topic 9)
   b. Natural and Logical Consequences Worksheet
   c. Positive Opposites Worksheet
   d. ABC Model Pathway (from Topic 7)
   e. Active Ignoring Handout
Topic 12 at a Glance: Imaginal Exposure and Preparation for Clarification
(Child)

OPTIONAL CONTENT: See note at the start of the main topic about proceeding with section I only if the child experiences symptoms of posttraumatic stress disorder, and with section II only if the caregiver is preparing a letter for clarification.

I. Imaginal Exposure
   a. Introduce the rationale and key concepts
   b. Take anticipatory SUDS
   c. Begin Imaginal Exposure Process
   d. Post-process the Imaginal Exposure
   e. Review SUDS
   f. Provide psychoeducation about response to Imaginal Exposure
   g. Continue discussion of the Imaginal Exposure Statement
   h. When Imaginal Exposure is done, return to the end of Topic 8

II. Discussion of Clarification Process
   a. Introduce clarification
   b. Prepare for the clarification session

III. Home Practice
   a. Potential assignments

Materials
   a. Decisional Balance Sheet (from Topic 2)
   b. Feelings Thermometers Worksheet (from Topic 5)
   c. SUDS Graph Worksheet
   d. ABC Model Pathway (from Topic 7)
Topic 13 at a Glance: Preparation for Clarification (Caregiver)

CAUTIONARY NOTE: See note at start of the main topic about proceeding with this topic only if caregiver is preparing a letter for clarification

I. Review of Caregiver Training
   a. Discuss caregiver progress during parent management skills training

II. Preparation for Discussion of Conflict/Abuse
   a. Discuss purpose and steps to discussion of conflict/abuse
   b. Highlight potential content for the caregiver to share

III. Drafting the Clarification Letter
   a. Introduce and describe the clarification letter
   b. Begin to draft the clarification letter

IV. Home Practice
   a. Potential assignments

Materials
   a. Alternatives for Families Plan (AFP) (from Topic 2)
   b. Decisional Balance Sheet (from Topic 2)
   c. Clarification Letter Sections Handout
Topic 14 at a Glance:
Verbalizing Healthy Communications
(Caregiver and Child)

I. Identifying the Family’s Communication Patterns/Preferences
   a. Provide rationale for enhancing communication and explain session rules
   b. Briefly identify some of the positive communication strategies that each one uses
   c. Assess their use of common communication obstacles and communication preferences

II. Teaching Alternative Communication Skills
   a. Identify communication alternatives
   b. Review list of alternatives to communication methods

III. Communication Skills Practice
   a. Explain benefit of practice
   b. Practice skills and then give feedback

IV. Home Practice
   a. Potential assignments

Materials
   a. Communication Obstacles Worksheet
   b. Communication Alternatives Worksheet
Topic 15 at a Glance:
Enhancing Safety Through Clarification
(Caregiver and Child)

CAUTIONARY NOTE: See note at start of the main topic about proceeding with this topic only if caregiver is preparing a letter for clarification

I. Brief Preparation for Clarification
   a. Meet with caregiver and child to prepare for the session
   b. Meet with child to prepare for the session
   c. Meet with caregiver to prepare for the session

II. The Clarification Meeting
   a. Conducting clarification

III. Post-Processing the Clarification
   a. Meet with child to post-process the clarification
   b. Meet with caregiver to post-process the clarification

IV. Home Practice
   a. Potential assignments
Topic 16 at a Glance: Solving Family Problems
(Caregiver and Child)

I. Review the Six Problem-Solving Steps
   a. Provide rationale
   b. Review model and steps

II. Practice Using the Six Problem-Solving Steps
   a. Review Step 1: Identify the problem – What is the problem?
   b. Review Step 2: Identify the goal – What do we want to have happen? What is our goal?
   c. Review Step 3: Brainstorm (Identify Solutions) – What can we do?
   d. Review Step 4: Evaluate the solutions – What are the consequences?
   e. Review Step 5: Make and carry out a plan to try a solution – What are we going to try? How will we carry out the plan?
   f. Review Step 6: Evaluate the outcome and revise the plan – How did it work? Should we change the plan?

III. Application and Review of the Problem-Solving Model
   a. Review use of the model that the family tried on their own at home
   b. Continue discussion of next steps for successful problem-solving

IV. Home Practice
   a. Potential assignments

Materials
   a. Problem-Solving Skills Worksheet
   b. Alternatives for Families Plan (AFP) (from Topic 3)
   c. ABC Model Pathway (from Topic 7)
topic 17 at a glance: graduation
(caregiver and child)

i. current applications
   a. review individual and family applications (progress and routines)

ii. relapse prevention plans
   a. identify and address potential family problems

iii. termination plans
   a. encourage persistence in using new skills
   b. optional: discuss any recommended referral options

iv. graduation
   a. make final comments/graduation rituals

materials
   a. alternatives for families plan (afp) (from topic 3)