

# TF-CBT Treatment Time

## General vs Complex

### Trauma Phases



# TF-CBT Treatment Time

## General vs Complex



Takes 8–16 sessions

### PHASE #1



Psychoeducation  
Relaxation  
Affect Modulation  
Cognitive Coping

### PHASE #2



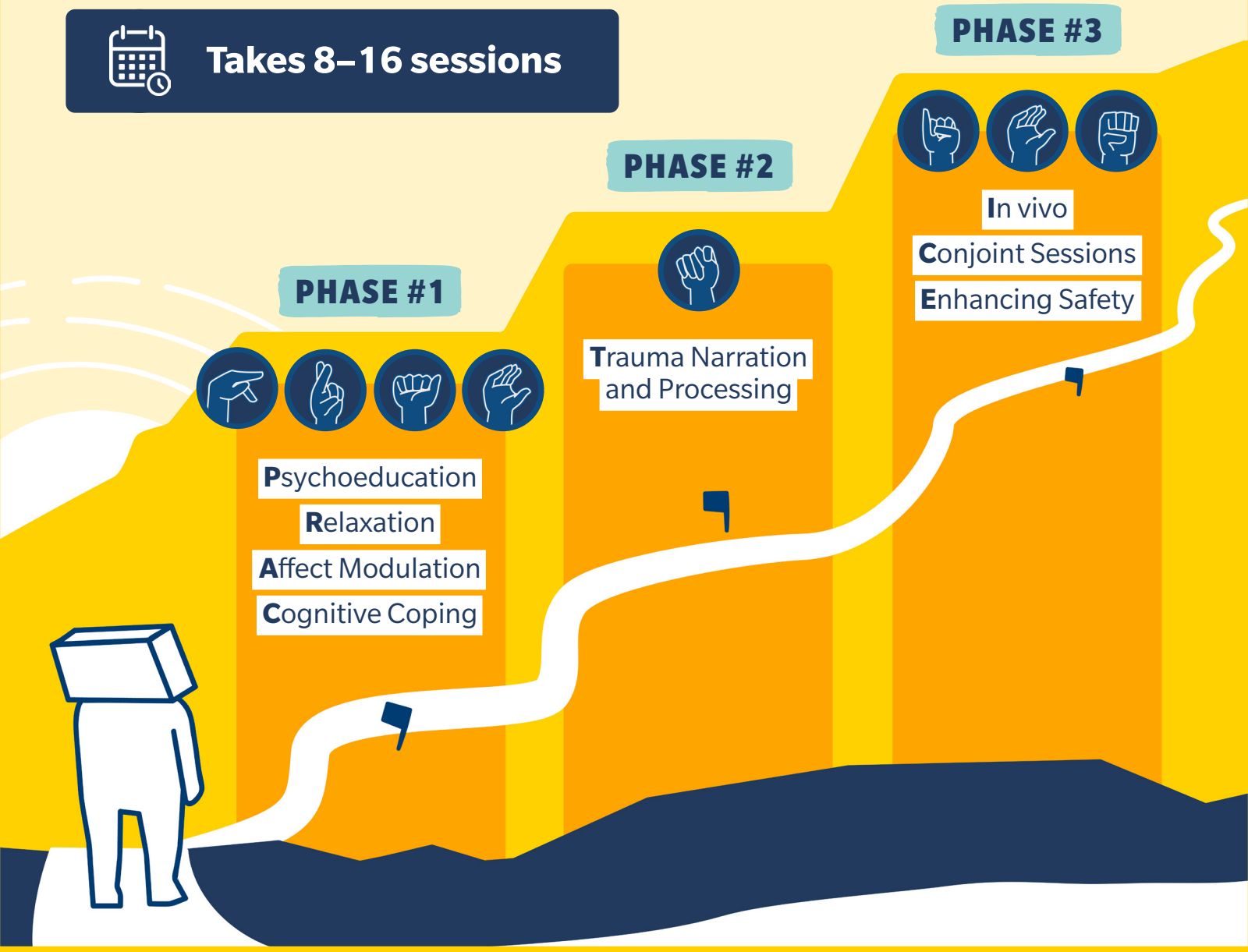
Trauma Narration  
and Processing

### PHASE #3



In vivo

Conjoint Sessions  
Enhancing Safety



# TF-CBT Treatment Time

## General vs Complex



Takes twice as long:  
16–25 sessions

### PHASE #1



+ Enhancing Safety

Psychoeducation  
Relaxation  
Affect Modulation  
Cognitive Coping

### PHASE #2



Trauma Narration  
and Processing

### PHASE #3



In vivo

Conjoint Sessions  
Enhancing Safety



#DeafMentalHealth

For more information on this topic,  
visit <https://gu.live/dhhcrc>



Thank you to the University of Rochester Medical Center's Deaf Wellness Center  
for their support with the development of this infographic.