

	<b>Session Content</b>
<b>Session 1</b>	Orient the Patient to CBT. Assess Patient Concerns. Set Initial Treatment Plan/Goals.
<b>Session 2</b>	Assess Patient Concerns (cont'd). Set Initial Goals (cont'd)  Or  Begin Intervention Techniques.
<b>Session 3</b>	Begin/Continue Intervention Techniques
<b>Session 4</b>	Continue Intervention Techniques. Re-assess Goals/Treatment Plan.
<b>Session 5</b>	Continue/ Refine Intervention Techniques.
<b>Session 6</b>	Continue Intervention Techniques.
<b>Session 7</b>	Continue Intervention Techniques. Discuss Ending Treatment and Prepare for Maintaining Changes.
<b>Session 8</b>	End Treatment and Help Patient to Maintain Changes.

# Weekly Session Outline Tf Cbt

**A Gutmann**



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