Trauma-Focused CBT in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Trauma-Focused CBT in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

Copyright © 2026 Talking Therapies UK. All rights reserved.

The moral right of the author has been asserted. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher, except for brief quotations in a review, and except that the licensee may copy the session plans, the attendance register and the evaluation form for the groups they run.

First edition, 2026.

This pack accompanies the course “Trauma-Focused CBT in Practice” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Trauma-Focused CBT in Practice 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course "Trauma-Focused CBT in Practice" to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course's assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course's own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course's assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson's key points
- Run each lesson's practice task as a group activity
- Check understanding with the course's own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Trauma-Focused CBT in Practice

This is the course where trauma-focused CBT stops being a model you understand and becomes a treatment you can conduct. Written for practising clinicians with the foundations in place, it teaches the working phases of TF-CBT at session level: the trauma narrative developed and paced so the work stays inside the window of tolerance, the hotspots located and updated with the information that was never available at the time, and the memory's grip loosened by processing rather than argument.

You will learn the craft details that decide outcomes: how to keep dual awareness alive during narrative work, how to find the exact meaning a hotspot carries and build its update collaboratively, how to construct graded exposure that tests trauma-related beliefs rather than merely enduring feared situations, and how to fade the safety behaviours that quietly protect those beliefs from disconfirmation. The course gives equal weight to the sessions that do not go to plan: dissociation recognised and grounded, hyper-arousal managed without abandoning the work, and re-scripting used so the narrative that remains is one of survival and agency, integrated into the client's sense of self rather than quarantined beside it.

Substantial written lessons with key points and practice tasks throughout, supported by a study tutor, with a final assessment and a personalised certificate on passing. For clinicians ready to do the work that changes what a memory can do.

By the end of the course, participants will be able to

- Structure a course of trauma-focused CBT from assessment to relapse planning
- Deliver imaginal reliving and narrative work at a tolerable, effective dose
- Identify hotspots and update their meanings within reliving
- Use stimulus discrimination and site visits to break trigger power
- Work with appraisals of guilt, shame and responsibility after trauma
- Manage avoidance, including subtle in-session avoidance, therapeutically

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Crafting and Processing the Trauma Narrative	5	195 minutes
2	Managing Dissociation and Core Beliefs	5	195 minutes
3	Advanced Exposure and Belief Testing	5	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.