

# Common COWs of TF-CBT Implementation



## Clinicians

- Cherry Picking: Waiting for the perfect case
- Only taking 1-2 cases
- Not preparing for sessions
- Attending but not participating in supervision
- Not seeking consultation when having difficulty with a case
- Not submitting paperwork and/or metrics in a timely manner



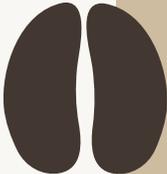
## What it Looks Like

- “I don’t have any cases appropriate for TF-CBT.”
- “I explained the model, but the child and/or family was not interested.”
- “I didn’t have time to prepare for the session because....”
- “I tried to do TF-CBT but this case has too many COWs.”
- Charting notes, driving, or writing grocery list while listening to consultation calls
- Not tracking metrics/REDCap and/or fidelity for each case
- Not becoming familiar with metrics reporting process before due date



## Supervisors

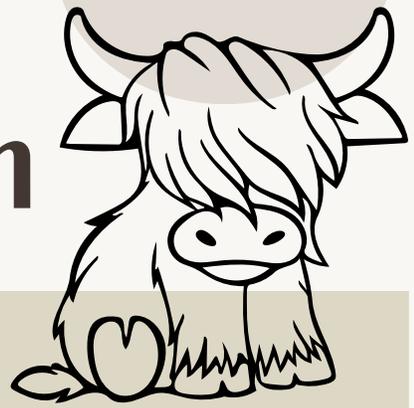
- Not taking at least one TF-CBT case
- Not scheduling TF-CBT specific supervision
- Not providing critical feedback in a timely manner
- Not utilizing group supervision to spread learning
- Not seeking support when needing support with their team
- Not reviewing metrics/REDCap with the clinician and team
- Attending but not participating on consultation calls (both calls)



## What it Looks Like

- “I’m waiting for all of my clinicians to get plenty of TF-CBT cases before I take one.”
- “We can’t find a time for group supervision when everyone can meet.”
- Planning to just add TF-CBT to the current supervision agenda.
- Thinking that TF-CBT group supervision is an event and you have to take it all on yourself.
- “I didn’t have time to prepare for the supervision session because....”
- “Our team is trying to implement TF-CBT but the agency just has too many COWs.”
- Charting notes, driving, or writing grocery list while listening to consultation calls
- “We track metrics, but I have no idea why.”

# Common COWs of TF-CBT Implementation



## Senior Leaders

- Not leading regular team meetings
- Losing focus and not staying up-to-date on team activities
- Never attending a group supervision session
- Not using metrics to identify barriers to implementation
- Not celebrating successes

## What is Looks Like

- “We couldn’t find a time for a team meeting when everyone could meet.”
- “This pressing matter came up, so you guys go ahead and meet and send me the notes.”
- “I’m just too busy, so I rely on my supervisor to let me know how things are going.”
- Not reporting metrics analysis back to team
- Paying more attention to clinician performance problems and not recognizing successes

