CST Phase-Based Model

Acute Response → Reorganization & Reintegration

Information and Connection to Resources
- Title IX Reporting
- Police Reporting
- Medical Treatment
- Forensic Examination
- Academic and
- Residential Accommodation

Brief Emotional Support
- Safety
- Stabilization
- Coping Skills
- DBT Skills
- Motivational
- Interviewing
- Care Coordination
- and Referral

Psychotherapy
- Cognitive Processing
- Therapy
- Prolonged Exposure
- Seeking Safety
- CBT for Depression/Anxiety
- Group Therapy