

CST Phase-Based Model

Acute Response



Reorganization & Reintegration

**Information
and Connection
to Resources**

**Brief
Emotional
Support**

Psychotherapy

- Title IX Reporting
- Police Reporting
- Medical Treatment
- Forensic Examination
- Academic and Residential Accommodation

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

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