Traumatic Events & Children: Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

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Child & Adolescent Anxiety Program (CAAP)
Integrative Care

• Patient-centered care
• Integrating physical and behavioral healthcare

Why?
• Psychosocial factors drive poor treatment adherence ineffective use of Healthcare system (ED), poor outcomes

• Healthcare systems that integrate behavioral and physical health have greatest power to push change in system
Evidence Based Treatment

- Mental health treatments differ in degree of efficacious & effectiveness
- Consumers and practitioners must be educated on where to find mental health practitioners versed in Evidence Based Treatment (EBT)
- EBPs based on scientific evidence derived from large scale RCTs (EBPs vs. other types of psychological treatments)
- EBPs can reduce symptoms significantly for many years following the end of psychological treatment
Cognitive Behavioral Therapy

• Efficacy of CBT demonstrated for a wide-range of symptoms in adults, adolescents and children

1. Short-term treatments (i.e., 6-20 sessions)
2. Skill based
3. Goal oriented
Cognitive Triad
Find A Therapist

www.abct.org
adaa.org
nctsn.org
Nrepp Samsha
Posttraumatic Stress Disorder (PTSD)

1. Re-experiencing of the trauma
2. Avoidance of stimuli associated with trauma
3. Increased arousal

   1. Acute (<3 months)
   2. Chronic (>3 months)
   3. Delayed Onset (at least 6 months after stressor)

• PTSD differs from Acute Stress Disorder

DSM-IV TR, 2004
Background

• Traumatic Event: Shocking or sudden unexpected event; death or threat to life or bodily injury; subjective feelings of intense horror, terror, or helplessness (APA, 2000, p.463)

• These events can change child’s perception of world

Copeland, Keeler, Angold & Costello, 2007
Epidemiological Data

- >2/3 of pediatric population report traumatic event by the age of 16 years
- 13.4% developing posttraumatic symptoms by 16 years
- NATIONAL PREV. DATA

Copeland, Keeler, Angold & Costello, 2007
TF-CBT Treatment Description

- Trauma-sensitive interventions + CBT
- Children and parents work together
- Provided with skills to better process the trauma; manage distressing thoughts, feelings, and behaviors; and enhance safety, parenting skills, and family communication
TF-CBT Implementation

- Short-term, clinic-based treatment
- Individual and joint sessions
- Children ages 4-18 with significant behavioral/emotional problems related to traumatic event
- Even if child doesn’t meet full criteria for PTSD
TF-CBT Outcomes

- Treatment results in decreases in:
  - Internalizing symptoms
  - Externalizing symptoms
  - Trauma related shame
  - Sexualized behaviors
- >80% of traumatized children/adolescents significantly improve within 12-16 weeks of once weekly tx (60-90 min.)

TF-CBT Outcomes

• RCT #1

• RCT #2
Trauma Screening within the Pediatric Office

• CBCL
• YSR
• UCLA PTSD Scale
• TSCC Trauma Symptom Checklist for Children
• Ntcsn reco?
## TF-CBT Component-Based

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Cognitive Triad
Resources

- www.abct.org
- ada.org
- nctsn.org
- musc.edu/tfcbt
- Nrepp Samsha