

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

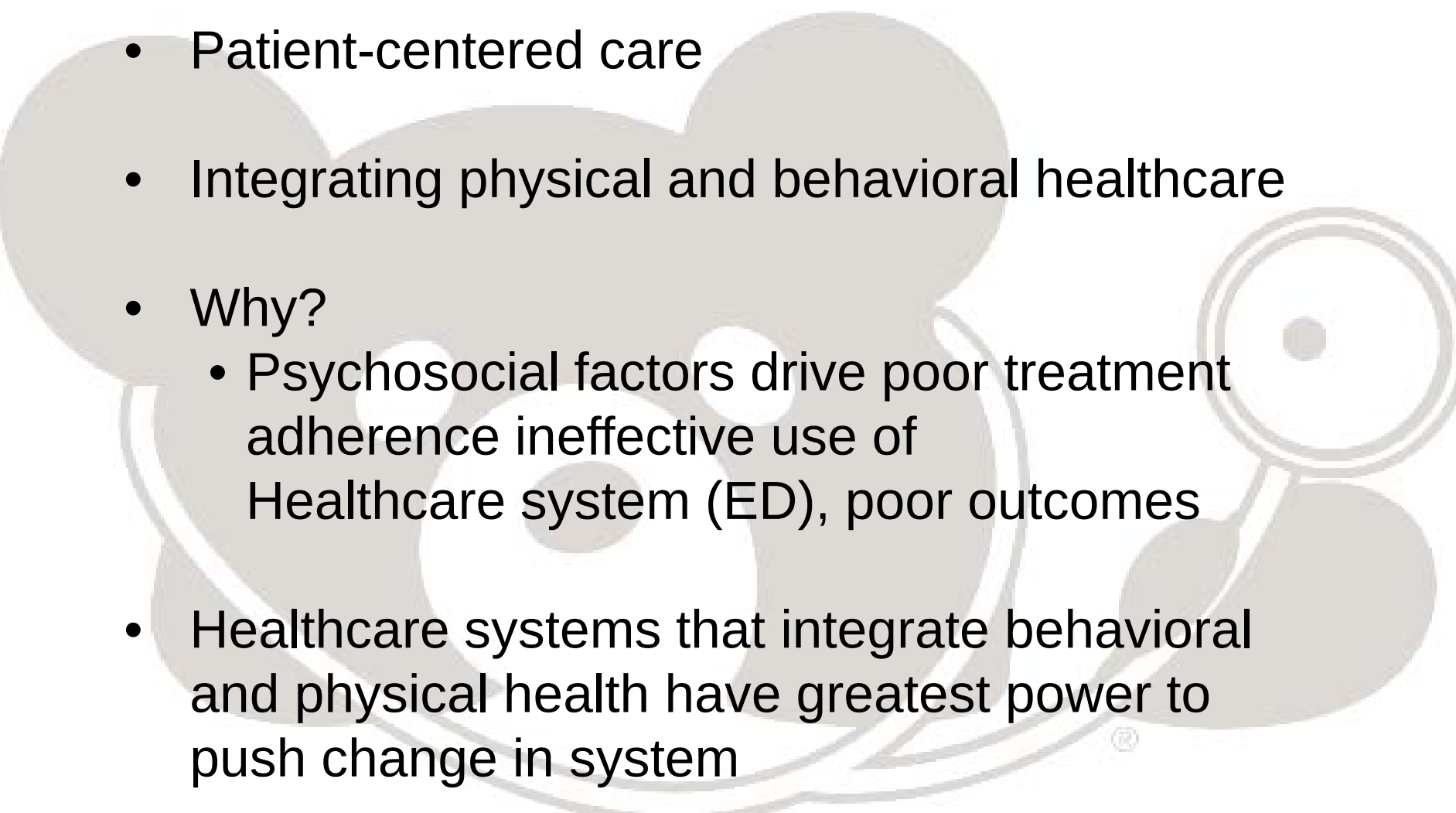
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Child & Adolescent Anxiety Program (CAAP)



Children's National
Medical Center®

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
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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

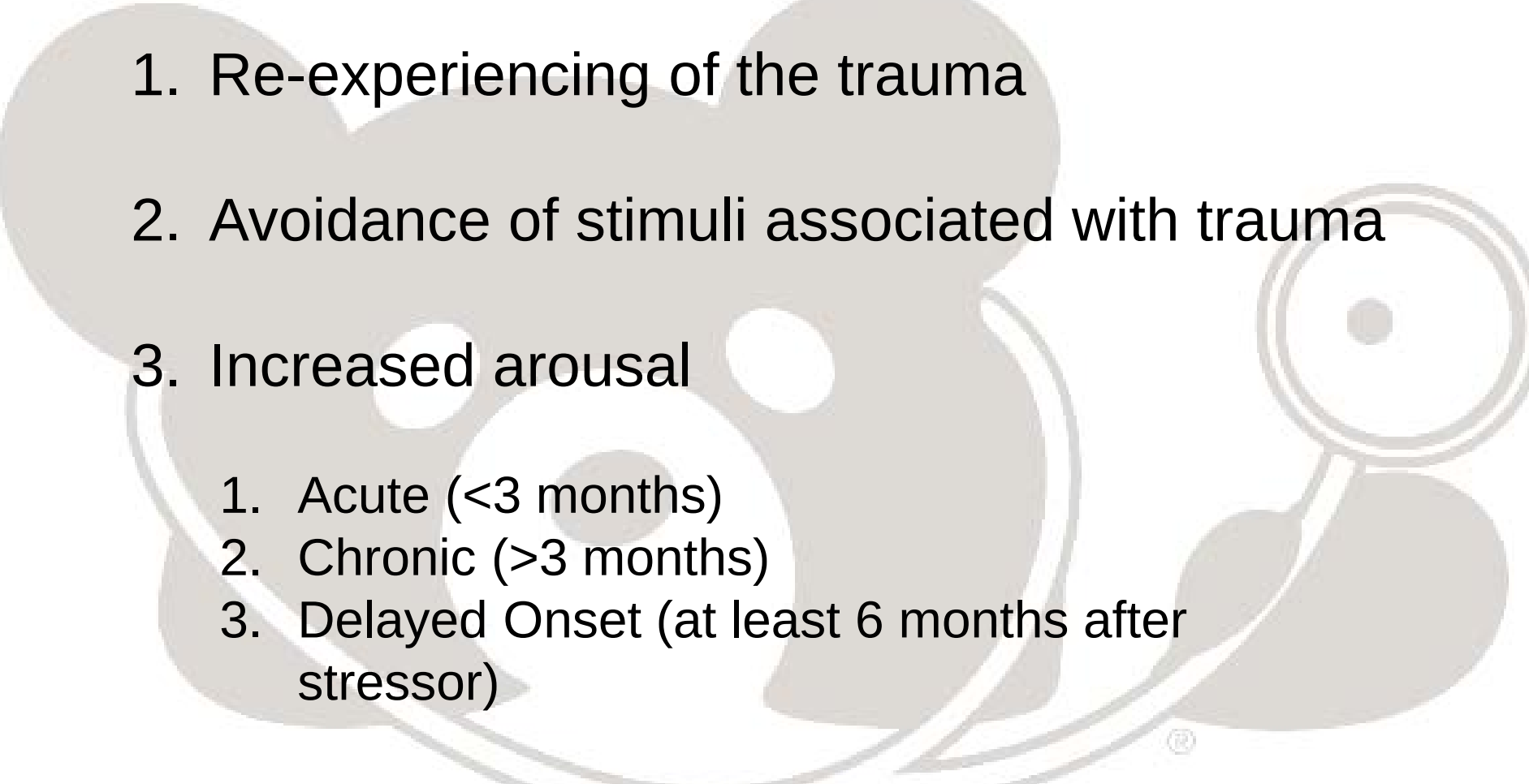
adaa.org

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Posttraumatic Stress Disorder (PTSD)

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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

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

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

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

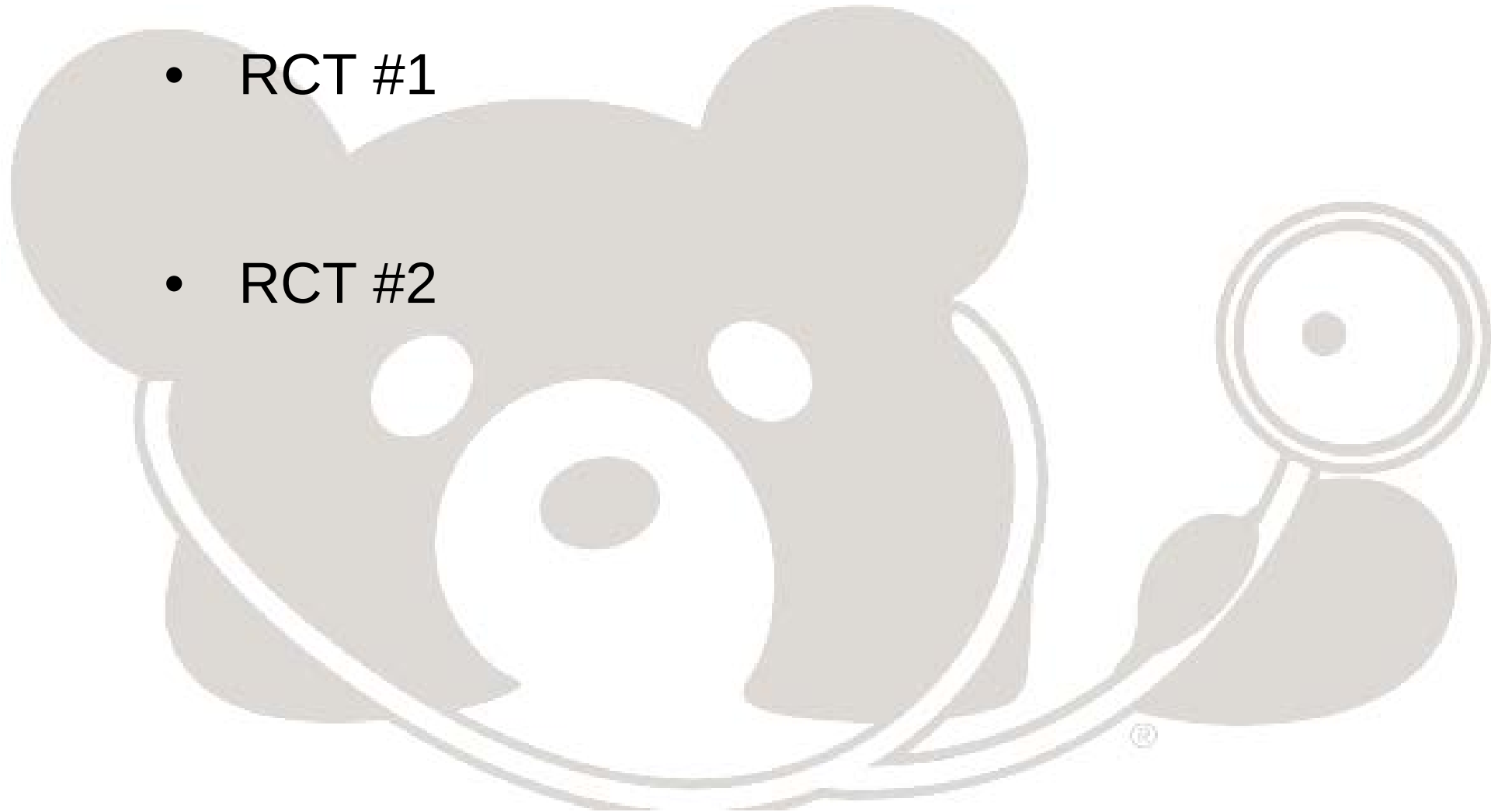
- Short-term, clinic-based treatment
- Individual and joint sessions
- Children ages 4-18 with significant behavioral/emotional problems related to traumatic event
 - Even if child doesn't meet full criteria for PTSD

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

Assessment and Engagement	Cognitive Coping
Psychoeducation	Trauma Narrative (TN)
Parenting (Caregiver)	In-Vivo Exposure
Relaxation	Conjoint TN
Affective Modulation	Enhancing Safety

Cognitive Triad



Resources

www.abct.org

adaa.org

nctsn.org

musc.edu/tfcbt

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