Trauma-Focused CBT for Children and Adolescents

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What is TF-CBT?

- Evidence-based treatment for traumatized children, adolescents and parents/caregivers
Who is TF-CBT For?

Children 3-17 years with known trauma history
Any type of trauma—single, multiple, complex, child abuse, DV, traumatic grief, disaster, war, etc.
Prominent trauma symptoms (PTSD, depression, anxiety, with or without behavioral problems)
Parental/caretaker involvement is optimal but not required
Clinic, school, residential, home, inpatient, refugee or other settings
Evidence That TF-CBT Works

- 13 RCT comparing TF-CBT to other conditions
- TF-CBT $\rightarrow$ greater improvement in PTSD, depression, anxiety, behavior problems compared to comparison or control conditions
- Parents participating in TF-CBT also experienced greater improvement compared to parents participating in comparison conditions
TF-CBT Core Principles

• Components- and phase-based treatment
• Proportionality of phases
• Gradual exposure—not prolonged exposure—integrated into all TF-CBT components
Components-Based Treatment: PRACTICE

Phase-Based Treatment

- Psycho-education
- Parenting Component
- Relaxation Skills
- Affective regulation Skills
- Cognitive processing Skills

STABILIZATION PHASE

- Trauma narration and processing

TRAUMA NARRATIVE PHASE

- In vivo mastery of trauma reminders
- Conjoint child-parent sessions
- Enhancing safety

INTEGRATION/CONSOLIDATION PHASE
TF-CBT Pacing

**Psychoeducation**
- Relaxation
- Affective Modulation
- Cognitive Coping

**Stabilization Phase**

**Parenting Skills**

**Gradual Exposure**

**Trauma Narrative and Processing**

**Integration/Consolidation Phase**

**Time**: 8-16 sessions

- **In vivo Conjoint sessions**
- Enhancing safety

**Trauma Narrative Phase**

**TF-CBT Pacing**

1/3

1/3

1/3
TF-CBT Pacing – Complex Trauma

Psychoeducation
Relaxation
Affective Modulation
Cognitive Coping

Stabilization Phase

Trauma Narrative and Processing

Integration/Consolidation Phase

In vivo Conjoint Sessions
Enhancing Safety

Parenting Skills
Gradual Exposure

Time: 16-25 sessions
Practical Exposure
Psychoeducation

• Educate about trauma reminders and common reactions to traumatic experiences
• Provide information about PTSD or other child problems.
• Normalize the child’s and parent’s reactions.
• Provide hope for recovery.
Caring for Kids: What Parents Need to Know about Sexual Abuse

This project was funded in part by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS).
Childhood Traumatic Grief

From the Childhood Traumatic Grief Task Force Educational Materials Subcommittee.

In order to view and print some of the materials provided, you will need Acrobat Reader 5.0. If it is not loaded in your computer, you can download it for free by visiting www.adobe.com and clicking on Downloads.

Page Contents:
- Childhood Traumatic Grief Educational Materials
- The Courage to Remember Videos and Curriculum Guide

Childhood Traumatic Grief Educational Materials

Entire Package
In-Depth General Information Guide to Childhood Traumatic Grief
Brief Information on Childhood Traumatic Grief
Information for Pediatricians and Pediatric Nurses on Childhood Traumatic Grief
Information for Parents on Childhood Traumatic Grief
In-Depth Information on Childhood Traumatic Grief for School Personnel
Brief Information on Childhood Traumatic Grief for School Personnel
Information for the Media on Childhood Traumatic Grief
Childhood Traumatic Grief Reference and Resource List
Ready to Remember
Jeremy’s Journey of Hope and Healing
Parenting Component

• Parents receive individual sessions for all PRACTICE components.
• Parenting skills to enhance child-parent interactions including:
  • Praise, effective attention, contingency reinforcement schedules
• Help parent connect the child’s behavioral problems to trauma experiences
Relaxation Skills

- Reverse physiological arousal effects of trauma through:
  - Focused breathing, mindfulness
  - Progressive muscle relaxation
  - Exercise
  - Yoga
  - Songs, dance, blowing bubbles, reading, prayer, other relaxing activities
- Use relaxation strategies when trauma reminders occur
Affective Modulation Skills

- Identify and modulate upsetting affective states including:
  - Problem solving
  - Anger management
  - Present focus
  - Obtaining social support
  - Positive distraction activities
  - Use skills in relation to trauma reminders
emotional BINGO

by Marjorie Mittin, MSW; illustrated by Joe Madden

FOR TEENS
Ages 12 to 18

W-335

IN ENGLISH AND SPANISH

NCTSN
Traumatic Stress Network
• Recognize connections among thoughts, feelings and behaviors
• Replace thoughts with more accurate/ more helpful ones
• Child’s cognitive processing of personal trauma experiences typically occurs during trauma narrative phase
Behaviors

Thoughts

Feelings

Is it accurate?

Is it helpful/does it make me feel better?
Trauma Narrative and Processing

• Gradually develop a detailed narrative of child’s personal trauma experiences.
• Process using cognitive strategies learned earlier (changing inaccurate/unhelpful thoughts about the trauma).
• Share with parent during individual parent sessions as child is developing TN
• Not prolonged exposure between sessions
In Vivo Mastery of Trauma Reminders

- Only for ongoing avoidance of generalized reminders (e.g., school, bathroom)
- Develop fear hierarchy, gradually master increasingly feared stimuli
- May start during stabilization phase—takes several weeks
Conjoint Parent-Child Sessions

- Share TN directly with parent
- Enhance child-parent trauma-related and general communication
- Address healthy sexuality
- Develop family safety plan, e.g., for DV, bullying, drugs, etc.
Enhancing Safety and Future Development

- Safety plans continued for individual situations
- Social skills, problem solving, drug refusal, etc.
- Additional skills as individual child/family need
Child Traumatic Grief (CTG) Issues

After traumatic death trauma+ grief components

Tasks of typical childhood grief:

Accept reality of loss

Acknowledge what has been lost; address ambivalence if appropriate

Preserve positive memories and incorporate positive aspects of the deceased into own identity

Convert the relationship into one of memory

Commit to ongoing relationships with living; prepare for future reminders
TF-CBT Grief Components

- Grief psychoeducation
- What I miss and don’t miss
- Preserving positive memories
- Committing to positive relationships
- Preparing for future reminders
- Treatment closure
TF-CBT Web is a web-based, distance education training course for learning Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT).

www.musc.edu/tfcbt
**CTG Web** is a follow-up course that teaches how to apply TF-CBT to cases of child traumatic grief. CTG Web is offered free of charge.

6 hours of CE

CTG Web was launched on September 1, 2008.

www.musc.edu/ctg
TF-CBT Consult

www.musc.edu/tfcbtconsult

Follow-up to TF-CBT Web. Provides online consultation for therapists using TF-CBT

Funded by the Anne E. Casey Foundation

Launched November 1, 2010
• Free consultation resource for implementing TF-CBT
• Format: Web MD, type in question, find print and video answers and resources
• Funded by Annie E Casey Foundation
• Available at www.musc.edu/tfcbtconsult
TF-CBT Therapist Certification

• National certification program available for licensed master’s level MH therapists
• Documented standard TF-CBT training (online, face-to-face, phone consultation)
• TF-CBT treatment with standardized assessment instruments
• Standardized knowledge test
• 5 year certification
Resources

- “Treating Trauma and Traumatic Grief in Children and Adolescents”
  [www.guilford.com/p/cohen](http://www.guilford.com/p/cohen)
- “Trauma-Focused CBT for Children and Adolescents: Treatment Applications”
  [www.guilford.com/p/cohen2](http://www.guilford.com/p/cohen2)
- Web-based courses:
  [www.musc.edu/tfcbt](http://www.musc.edu/tfcbt)
  [www.musc.edu/ctg](http://www.musc.edu/ctg)
  [www.musc.edu/tfcbtconsult](http://www.musc.edu/tfcbtconsult)
- [www.nctsn.org](http://www.nctsn.org)
- [www.pittsburghchildtrauma.net](http://www.pittsburghchildtrauma.net)
“The world is changed one child at a time”.  
Maya Angelou

“If you save one person it is as if you have saved the whole world.”

Talmud

Thank you for all you do to help children and families!