Implementing Trauma-Focused CBT In Usual Community Settings

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Disclosures

- Grant funding from NIMH, SAMHSA, NICHD
- Book royalties from Guilford Press:
  - Treating Trauma and Traumatic Grief in Children and Adolescents
  - Trauma Focused CBT for Children and Adolescents: Treatment Applications
- No industry funding
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, most comparing TF-CBT to other active treatment conditions

• TF-CBT → greater improvement in PTSD, depression, anxiety, behavior problems compared to active comparison treatments

• Parents participating in TF-CBT also experienced greater improvement compared to parents participating in active comparison treatments
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

- Psychoeducation
- Parenting Component
- Relaxation Skills
- Affective regulation Skills
- Cognitive processing Skills

STABILIZATION PHASE

- Trauma narrative & processing
- In vivo mastery of trauma reminders
- Conjoint child-parent sessions
- Enhancing safety

TRAUMA NARRATIVE PHASE

INTEGRATION/CONSOLIDATION PHASE
Proportionality of TF-CBT Phases

Complex Trauma:

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<th>Stabilization</th>
<th>Trauma Narrative</th>
<th>Integration</th>
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Gradual 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
Childhood Traumatic Grief

From the [Childhood Traumatic Grief Task Force Educational Materials Subcommittee](https://www.nctsn.org). 

⚠️ 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](http://www.adobe.com) and clicking on Downloads.

**Page Contents:**
- [Childhood Traumatic Grief Educational Materials](#)
- [The Courage to Remember Videos and Curriculum Guide](#)

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**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
• 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

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Cognitive Processing Skills

- 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 narration
Behaviors

Thoughts

Feelings

Is it accurate?

Is it helpful/does it make me feel better?
Trauma Narration 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
- NO 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
- May also develop a family safety plan; discuss healthy sexuality (sexual abuse); improve general communication; or build other skills
• 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
Implementing TF-CBT in Usual Settings

Common challenges:

• Engaging caregivers in trauma-focused treatment when presenting problem is not trauma
• Managing ongoing crises
• Providing TF-CBT to youth with complex trauma
Engaging Caregivers in Trauma Treatment

• Child here for behavioral issues, not trauma
• Connect behaviors and trauma experiences
• Educate about brain impacts, therapy (not just medication) can reverse these
• “I had trauma, didn’t act like this” → examples of diverse responses
• Agree to 4-6 sessions, renegotiate
Managing Ongoing Crises

- Crises of the week (COW) or day (COD) can derail effective treatment—only responding to crises
- Typically behavioral (e.g., fights, suspended) or affective (e.g., self-harm) dysregulation
- TF-CBT components address these
- Addressing COW/COD within EBT structure provides safe holding environment to re-regulate overwhelming trauma responses
TF-CBT for Youth with Complex Trauma

Applications include:

- **Focus**: unifying themes, not single traumas
- **Safety component first, ongoing**
- **Adjust proportionality** $(1/2, \frac{1}{4}, \frac{1}{4})$ to allow more time for stabilization, trust—therapist is trauma reminder
- **TN=life narrative of unifying theme**
- **Most need to address traumatic loss** (attachment loss issues) throughout
TF-CBT Web is a web-based, distance education training course for learning Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT).
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.

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www.musc.edu/ctg

CTG Web was launched on September 1, 2008.
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
TF-CBT Consult

- 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
• “Treating Trauma and Traumatic Grief in Children and Adolescents”
  www.guilford.com/p/cohen
• “Trauma-Focused CBT for Children and Adolescents: Treatment Applications”
  www.guilford.com/p/cohen2

Web-based course: TF-CBTWeb:
 www.musc.edu/tfcbt

• www.musc.edu/ctg
  www.musc.edu/tfcbtconsult

www.nctsn.org
www.pittsburghchildtrauma.net
“The world is changed one child at a time”.

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