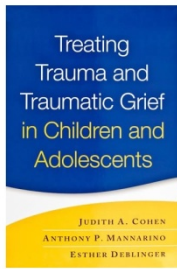


# Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

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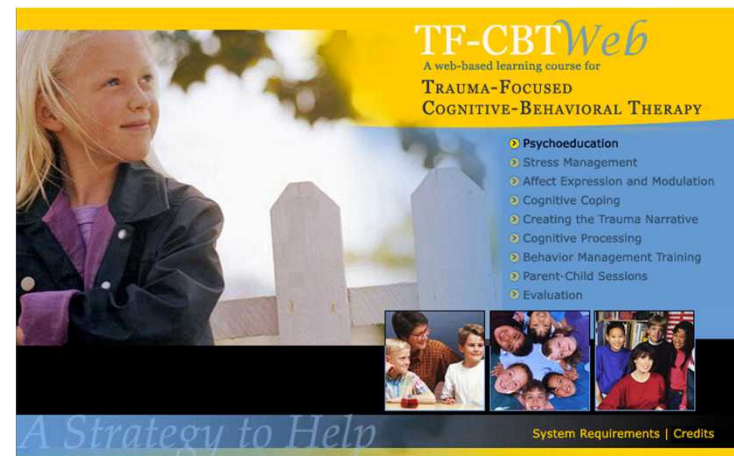
# What is TF-CBT?



- An evidence-based treatment for children experiencing trauma related difficulties
- Addresses wide range of traumas
- Developed for youth ages 3-18 years
- Components-based treatment protocol
- Time limited, structured (12-20 sessions)
- Parents are an integral part of treatment

# TF-CBT Components

- Assessment
- Psychoeducation and Parenting skills
- Relaxation
- Affective Modulation
- Cognitive Processing
- Trauma Narrative
- Conjoint parent-child sessions
- Enhancing safety and social skills



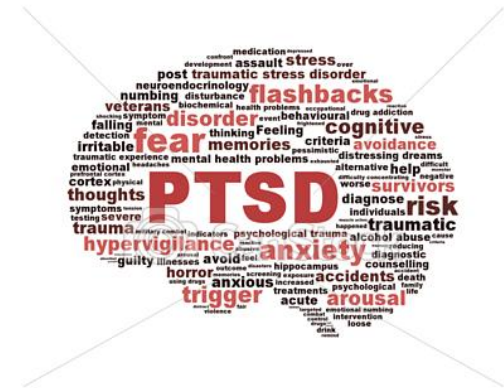
# Therapist's Role

- Structure
  - Agenda setting and kid's choice
  - Homework Assignment and Review
  - Watch for and manage COWS (crises of the week)
- Directive
- Active
- Supportive
- Fun!



# Assessment

- Provides a picture of what's going on with the child
- Helps to determine
  - Presenting symptoms
  - The need for treatment
  - What type of treatment is best fit?
- Helps in development of treatment plan
- Enables therapist to assess treatment progress



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## Methods:

- Formal, Standardized Measures (UCLA PTSD R)
- Clinical interview
- Clinical observations

# Psychoeducation



- Provide information about the impact of trauma and hope for recovery
- Facts about trauma/abuse (prevalence, who offends, why don't children tell...)
- Informations about child's symptoms and reactions
- Normalize emotional and behavioral reactions
- Educate family about the benefits of treatment
  
- Sometimes importance of psychoeducation is overlooked because we want to move on to the other parts of treatment!!

# Parenting skills

- Teach parents positive parenting strategies to manage behavior problems, fears, sleep problems, sexual behavior problems
  - Attending skills and praise
  - Active ignoring / selective attention
  - Effective commands and time out
  - Behavioral management plan
  - Behavior charts
- Golden rules: Consistency, predictability and follow through



# Relaxation

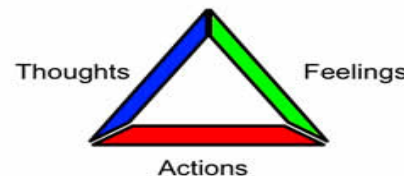
- Reduce physiological symptoms of stress and PTSD
- Explain body responses to stress
  - Shallow breath, muscle tension, headaches...
  - “where do you feel stress in your body?”
- Not just one technique
- Important to include a caregiver
- Be creative
- Make it fun!





# Cognitive coping

- Help children and parents to understand connections between thoughts, feelings and behaviors
- Help children distinguish between thoughts, feelings, and behaviors



- Help children and parents view events in more accurate and helpful ways
- Encourage parents to assist children in cognitive processing of upsetting situations and to use this in their own everyday lives for affective modulation

# The trauma narrative



- A form of gradual exposure therapy that allows the child to experience the negative feelings, thoughts, memories associated with the trauma in small doses in a safe, controlled environment.
- Goal is for child to be able to tolerate traumatic memories without significant emotional distress and no longer need to avoid them
  - Child tells story gradually in sessions
  - Increasing detail about thoughts and feelings during the trauma
  - Stress management used throughout narrative

# Organizing the narrative



- Help child put chapters in chronological order
- First chapter „About me“
- Include disclosure, legal procedures, forensic interview, medical exams, how therapy helped etc.
- If multiple episodes than include: first time, last time, one best remembered, most disturbing
- Re-read book for accuracy and dysfunctional thoughts
- Create positive ending
  - What was learned in counseling, personal strengths and resilience, expectations for the future

# Conjoint parent child sessions



- Child reads the trauma narrative for caregiver
- Caregiver is well prepared
- Why?
  - Reduce parent's own distress
  - Correct cognitive distortions
  - Help parent to tolerate own emotions
  - Help parent to tolerate hearing about the trauma
  - Help parent serve as a model
  - Show child that parent is fully supportive



# Enhancing Safety Skills

- Develop children's body safety skills
  - Right to say no (body ownership)
  - Assertiveness
  - Identification/recognition of „red flags“
  - Safe people/safe places
  - Telling what happens
  - Secrets and surprises
- Education about healthy sexuality
  - Ok/Not ok touch
  - Risk behaviors



