

Using TF-CBT to Work With Victims of Trauma

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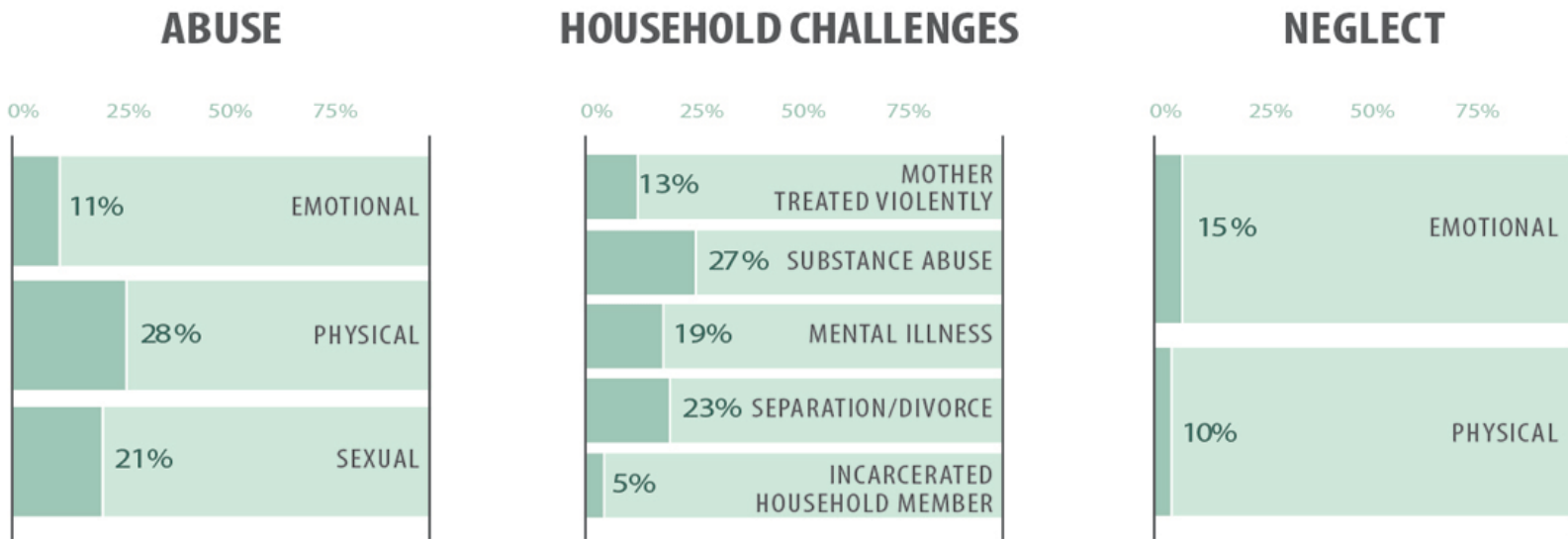


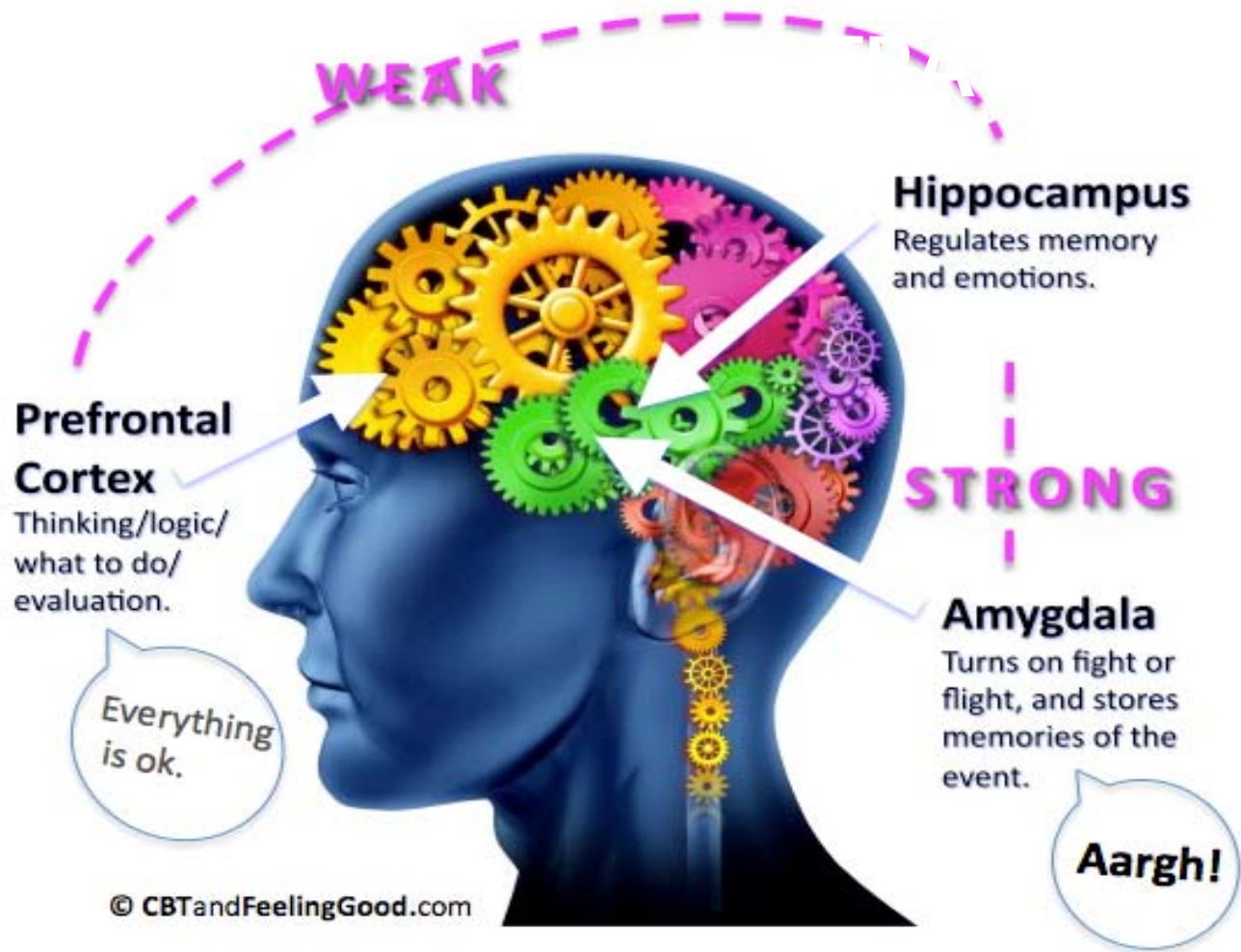
children's
advocacy center
FOR DENTON COUNTY



TYPES *of* ACES

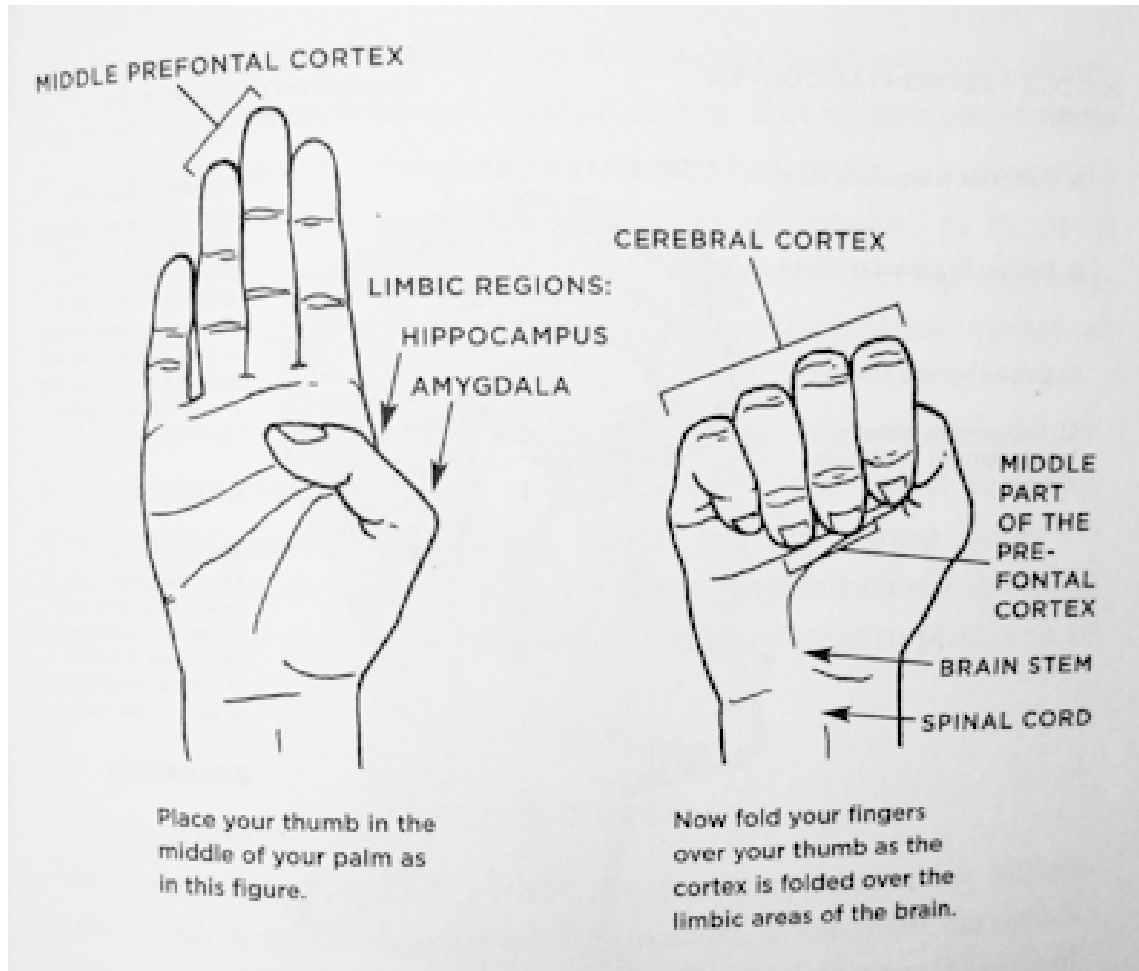
The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **household challenges**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had a member of the household go to prison. Respondents were given an **ACE score** between 0 and 10 based on how many of these 10 types of adverse experience to which they reported being exposed.





CORTISOL

OXYTOCIN



(Siegel & Hartzell, 2004)

What is TF-CBT?

TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques. TF-CBT has proved successful with children and adolescents (ages 3 to 18) who have significant emotional problems (e.g., symptoms of posttraumatic stress disorder, fear, anxiety, or depression) related to traumatic life events. It can be used with children and adolescents who have experienced a single trauma or multiple traumas in their lives.

(<https://www.nctsn.org/interventions/trauma-focused-cognitive-behavioral-therapy-> accessed 2/27/2019)

TF CBT Model

- P – Parenting and Psychoeducation
- R – Relaxation
- A – Affect Modulation
- C – Cognitive Coping
- T – Trauma Narrative
- I – In-vivo Gradual Exposure
- C – Conjoint Parent Child Sessions
- E – Enhanced Safety and Future Development

(Cohen, Mannarino, & Deblinger, 2006)

Psychoeducation

ABUSE

TRAUMA AND THE BRAIN

BODY PARTS/SEX ED/STD/PREGNANCY

SAFETY

TRIGGERS

GROOMING

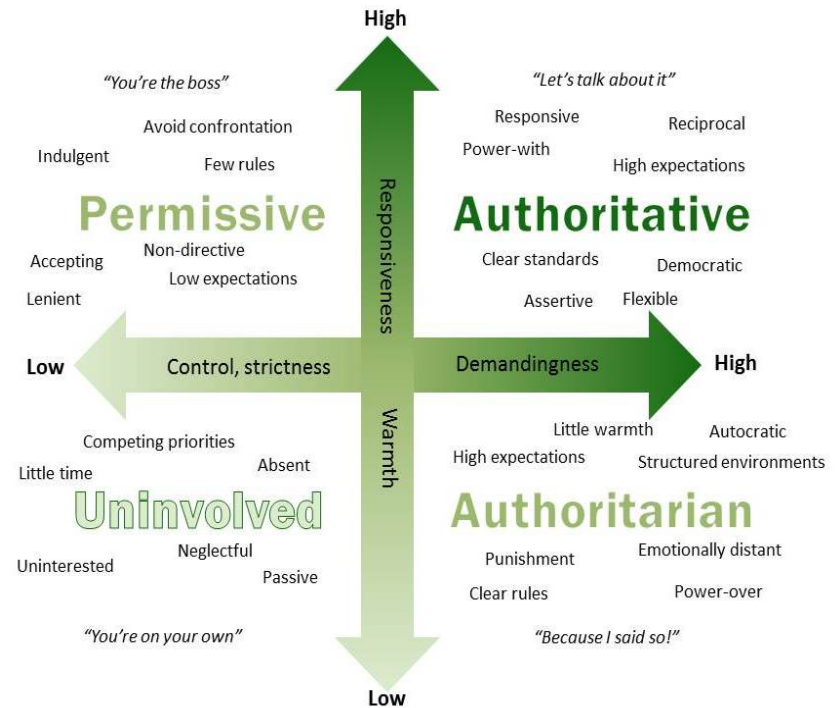
HEALTHY RELATIONSHIPS

BOUNDARIES

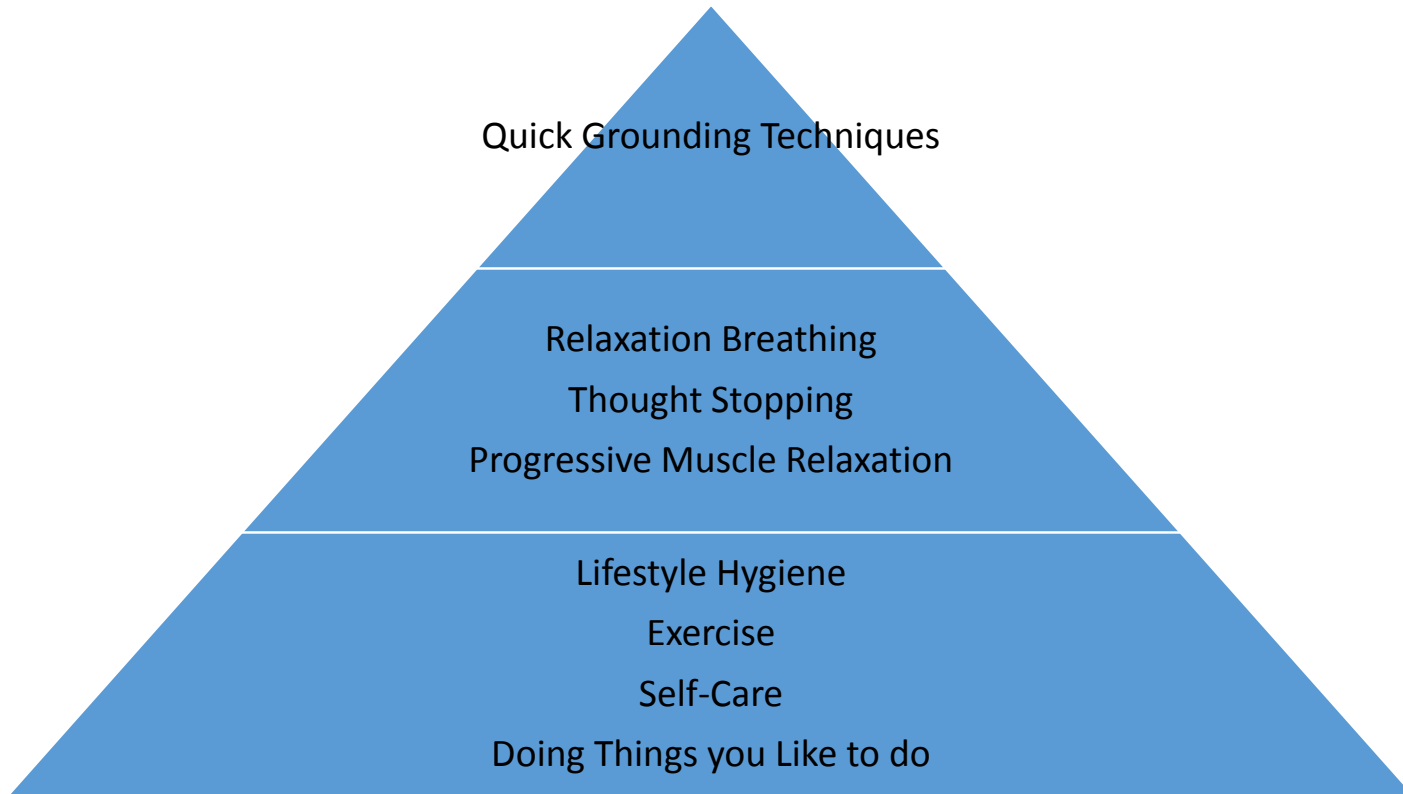
Parenting

- Praise
- Positive Attention
- Active Listening
- Appropriate Rewards
- Clear House Rules
- Clear consequences
- Active Ignoring

(Cohen, Mannarino, Deblinger, 2012)



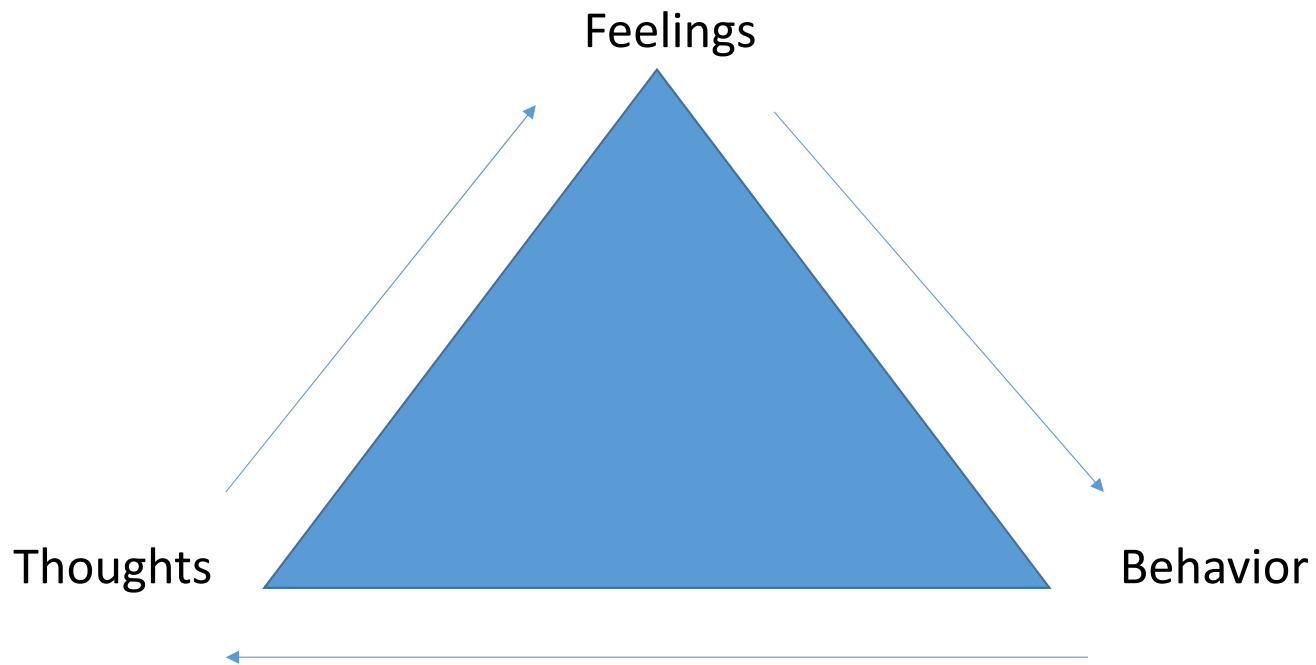
Relaxation



Affect Regulation

- IDENTIFY MY FEELINGS ABOUT FEELINGS
- IDENTIFY MY FEELINGS
- WHAT ARE FEELINGS
- COPING WITH FEELINGS
- BEGIN TOLERATING MY FEELINGS ABOUT THE ABUSE

Cognitive Coping



Trauma Narrative

Processing thoughts and feelings about the abuse in detail

- Tell the story of the trauma in a safe environment
- Integrate the traumatic experience so that it is cognitively manageable
- Allow corrective emotional re-working of the trauma
- Reduce emotional charge related to the trauma
- Process grief and loss associated with the trauma

In Vivo Gradual Exposure

Talking about the trauma begins at the start of treatment but is very gradual and slow taking into account the needs of the client. Gradual exposure can reduce anxiety and decrease dysfunctional avoidant behaviors.

Conjoint Parent Sessions

Sharing the trauma with the parent

First determine if parent is appropriate

Prepare parent

This component can facilitate parent child communication about the trauma

Enhanced Safety & Future Planning

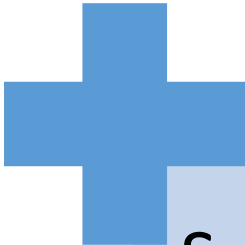
Review previous safety education

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graph TD; A[Review previous safety education] --> B[Identify ways to keep safe in the future]; B --> C[Road map of life];
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Identify ways to keep safe in the future


Road map of life

Pros and Cons



Symptom
Reduction

Gives therapist
an evidence-
based format

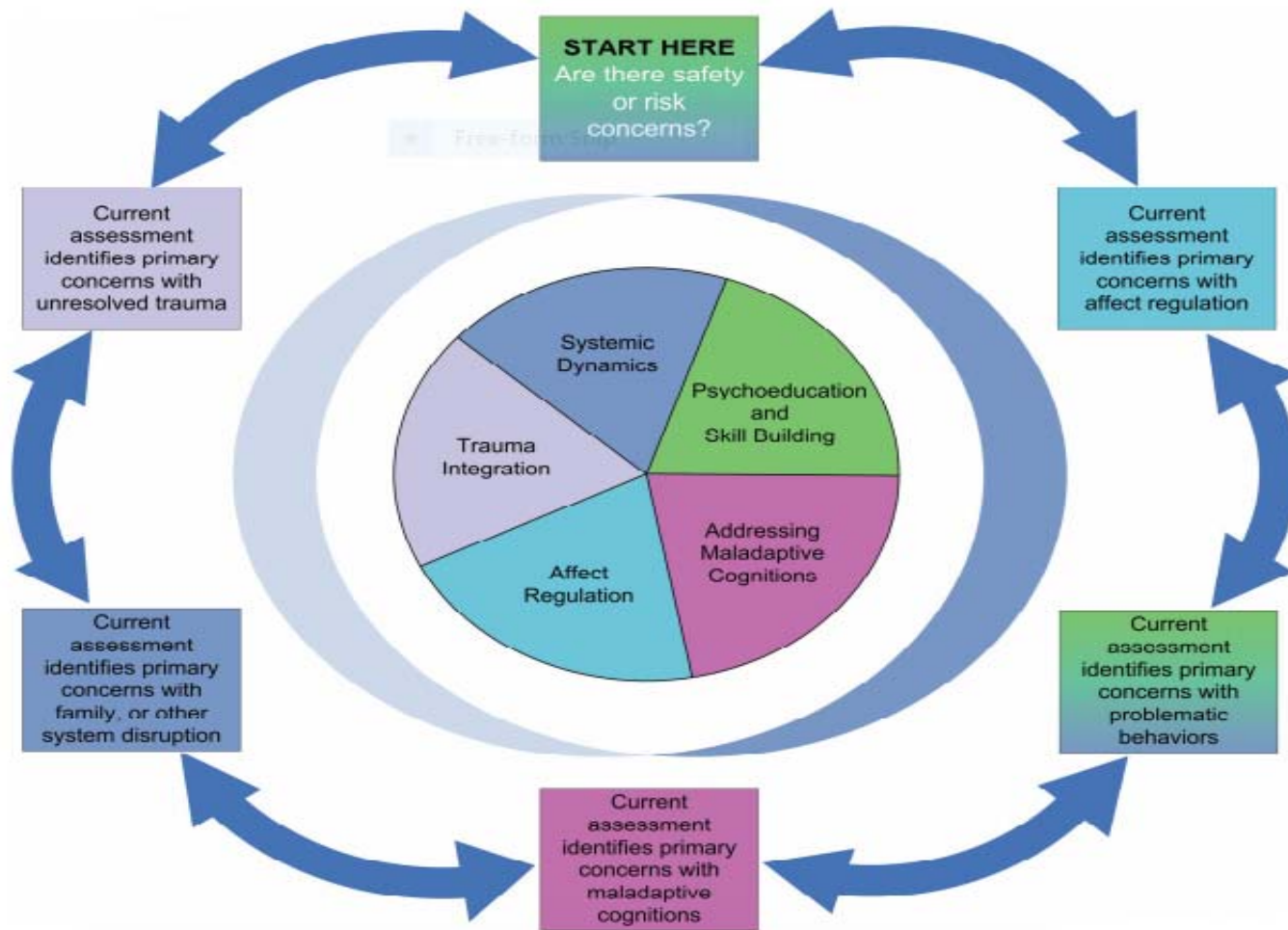


Does not address
family system

Not as flexible as
other models

Assessment-Based Treatment for Traumatized Children: A Trauma Assessment Pathway

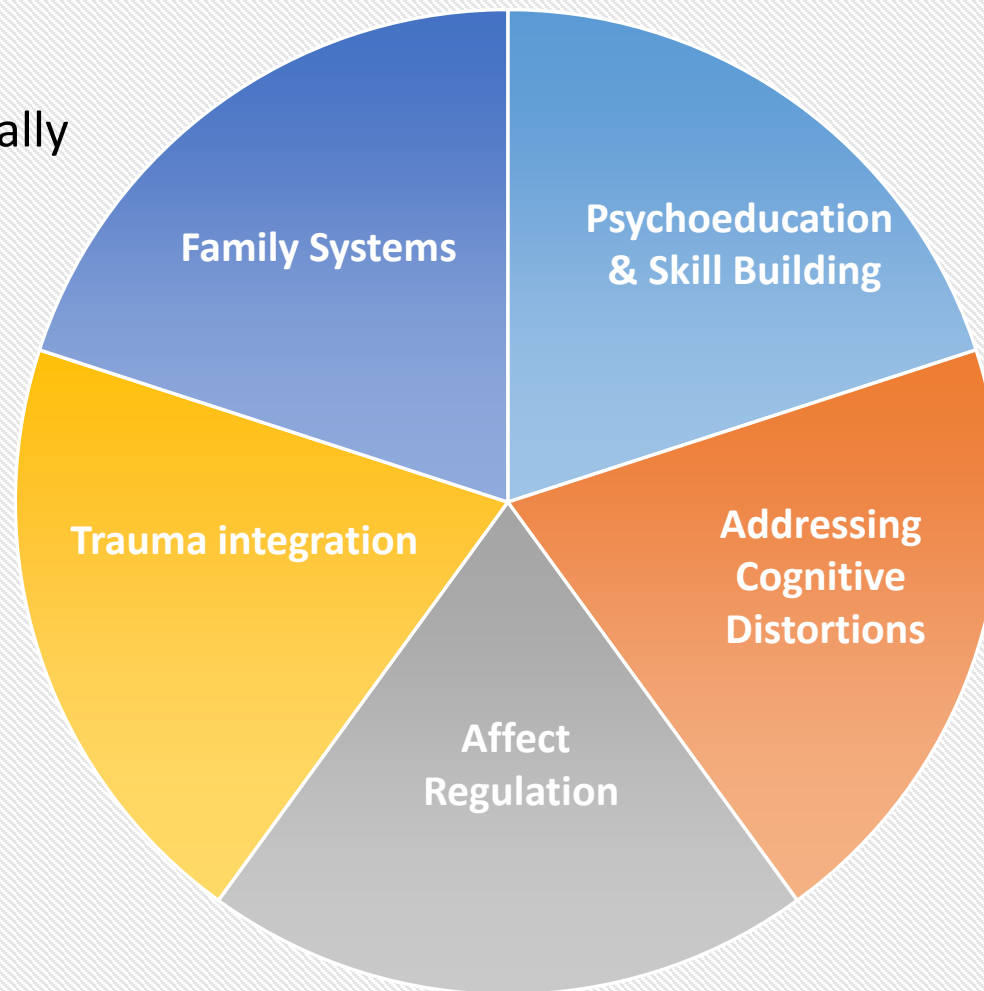
TAP



SOURCE: Chadwick Center for Children And Families for Children And Families

TRAUMA INFORMED CARE

Developmentally
Appropriate



Suzy Gange, LPC-S, 2016

References/Sources

ACES Study:

<https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/ace-graphics.html> (Source accessed 2/24/2019)

For more information on TF-CBT:

<https://www.nctsn.org/interventions/trauma-focused-cognitive-behavioral-therapy>

Trauma Focused CBT for Children and Adolescents, Treatment Applications (2012)

Edited by J. Cohen, A. Mannarino, and E. Deblinger. The Guildford Press, New York.

For more information about TAP: <https://www.nctsn.org/interventions/assessment-based-treatment-traumatized-children-trauma-assessment-pathway>