Treating Child Sexual Abuse: Trauma-Focused CBT

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Trauma-Focused CBT (TF-CBT)

- Time-limited MH treatment (8-20 sessions), outpatient, foster care, residential, in home
- Address multiple child sexual abuse impacts
- Affective, behavioral, biological, cognitive, relationship/attachment, dissociative
- Phase 1: stabilization skills
- Phase 2: trauma narration and processing
- Phase 3: consolidation and closure
TF-CBT Components: PRACTICE

- Psychoeducation
- Parenting Component
- Relaxation Skills
- Affect Modulation Skills
- Cognitive Coping Skills
- Trauma Narrative and Processing
- In vivo Mastery of Trauma Reminders
- Conjoint Child-Parent Sessions
- Enhancing Safety and Future Development
Gradual Exposure
TF-CBT Empirical Evidence

- 10 RCT for 3-17 year olds after sexual abuse
- TF-CBT > other treatments for improving:
  - Child PTSD, depression, anxiety, behavior problems, shame, social competence, dissociation, negative cognitions
  - Parental support of child, emotional distress, PTSD, positive parenting
  - Now evaluating health (e.g. HIV prevention) and biological impacts
"I'm just finding out who I am"
TF-CBT Web is a web-based, distance education training course for learning Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT).

Launched on October 1, 2005
TF-CBT Consult

www.musc.edu/tfcbtconsult

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

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TF-CBT Resources

TF-CBT Treatment Manuals from [www.guilford.com](http://www.guilford.com):
• Treating Trauma and Traumatic Grief in Children and Adolescents (Cohen, Mannarino & Deblinger, 2006)
• Trauma-Focused CBT for Children and Adolescents: Treatment Applications (Cohen, Mannarino & Deblinger, 2012)

Promise video for parents and other consumers
Caring for Kids information sheets for parents and youth
What Do You Know informational game
Your Very Own TF-CBT Workbook for kids
Dealing with Trauma workbook for teens
Caring for Kids: What Parents Need to Know about Sexual Abuse
THANK YOU!

• Tony Mannarino, Esther Deblinger
• AGH CTSCA, NJ CARES therapists and staff
• NIMH, SAMHSA, Annie E. Casey Foundation, NY OMH, PA DOH
• TF-CBT trainers, supervisors, therapists
• CHILDREN AND FAMILIES

“The world is saved one child at a time”
Maya Angelou