

09-225b Trauma Focused Cognitive Behavioral Therapy for Children and Adolescents – 6 Hour Seminar

Margaret Miller, Ed.D.

Friday, June 19, 2009 9:00 a.m. – 4:00 p.m.

Course Description

Clinicians who treat children and adolescents often worry that they lack the particular skills and knowledge to treat children who have been sexually abused or have witnessed domestic violence. While therapists usually know more than they think they do, there are particular clinical issues and symptoms that this population presents, whether they fit the diagnostic criteria for Post-Traumatic Stress Disorder or not, that need particular attention. Not only are these children struggling with the psychological impact of abuse and/or violence but their daily lives are often turned upside down. This course will discuss in detail the various stressors that these children face, that are unique to the trauma they have survived, including talking with the police, the involvement of child protective services, and the court process. We will explore the similarities and differences between these two populations, their psychological issues, behavioral difficulties, symptoms, family dynamics and the physiological impact of trauma. Following a stage model of treatment, we will look at assessment questions, treatment strategies, activities that can be used at each stage of treatment, theoretical models including non-directive vs. directed play therapy and cognitive behavioral therapy and the use of group treatment. Specific attention will be paid to supporting and helping non-offending caretakers, whose response to the child victim is pivotal in the child's recovery.

Faculty: Margaret Miller, Ed.D. – Psychologist, Private Practice, Northampton, MA; Clinical Director, Family Advocacy Center, Springfield, MA; Staff Psychologist, Franklin Clinical Associates and Family Counseling Center, Greenfield, MA; Staff Psychologist, South Shore Mental Health Center, Quincy, MA; Experienced guidance counselor, consultant and researcher.

Learning Objectives

1. Participants will learn about the empirical evidence supporting the efficacy of Trauma-Focused Cognitive Behavioral Therapy.
2. Participants will learn the structure and rationale of this treatment protocol.
3. Participants will learn specific psychotherapeutic strategies to help traumatized children overcome post-traumatic symptoms and problems and process their traumatic experiences.
4. Participants will learn specific tools to help caretakers and parents cope with their own distress and assist their children with their symptoms and problems.
5. Participants will learn ways to facilitate parent/caretaker-child communication.

References

- Deblinger, E. and Heflin, A.H. (1996). *Treating Sexually Abused Children and Their Nonoffending Parents: A Cognitive-Behavioral Approach*. Newbury Park, CA: Sage Publications.
- Deblinger, E., Lippman, J., and Steer, R. (1996). Sexually Abused Children Suffering Posttraumatic Stress Symptoms: Initial Treatment Outcome Findings. *Child Maltreatment*. 1 (4), 310-321.

- Cohen, J.A. and Mannarino, A.P. (1996). A treatment outcome study for sexually abused preschool children: Initial findings. *Journal of the American Academy of Child and Adolescent Psychiatry*. 35(1), 42-50.
- Stauffer, L. and Deblinger, E. (1990). *Let's Talk About Taking Care of You: An Educational Book about Body Safety*. Hatfield, PA: Hope for Families, Inc.
- Deblinger, E., Stauffer, L., and Steer, R. (2001). Comparative efficacies of supportive and cognitive behavioral group therapies for young children who have been sexually abused and their nonoffending mothers. *Child Maltreatment*. 6(4), 332-343.
- Cohen, J.A., Deblinger, E., Mannarino, A.P., and Steer, R. (2004). A multisite, randomized controlled trial for children with sexual abuse-related PTSD symptoms. *Journal of the American Academy of Child and Adolescent Psychiatry*. 43(4), 393-402