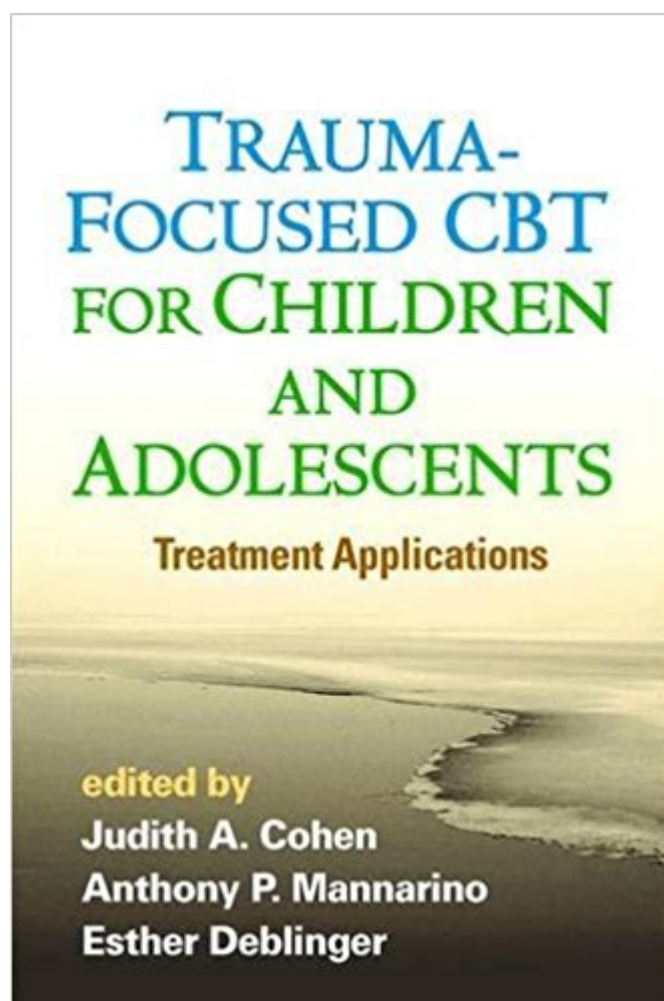


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# Trauma-Focused CBT For Children And Adolescents: Treatment Applications



## Synopsis

Featuring a wealth of clinical examples, this book facilitates implementation of Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) in a range of contexts. It demonstrates how assessment strategies and treatment components can be tailored to optimally serve clients' needs while maintaining overall fidelity to the TF-CBT model. Coverage includes ways to overcome barriers to implementation in residential settings, foster placements, and low-resource countries. Contributors also describe how to use play to creatively engage kids of different ages, and present TF-CBT applications for adolescents with complex trauma, children with developmental challenges, military families struggling with the stresses of deployment, and Latino and Native American children. See also Cohen et al.'s authoritative TF-CBT manual, *Treating Trauma and Traumatic Grief in Children and Adolescents*, Second Edition.

## Book Information

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## Customer Reviews

"Cohen, Mannarino, and Deblinger have done it again! The TF-CBT developers compile the wisdom of expert clinicians and trainers in this valuable book. They share innovative strategies for applying TF-CBT to serve children across varying settings, developmental issues, and special populations."--Lisa Amaya-Jackson, MD, MPH, UCLA "Duke National Center for Child Traumatic Stress, Duke University School of Medicine "Provides extensive, clinically grounded illustrations of how TF-CBT can be flexibly used to address trauma impact for children in varied and complex circumstances. Therapists will find critical information for enhancing therapy effectiveness in diverse

populations, from foster children to military families. Chapters provide specific adjustments and adaptations for each of the standard components of TF-CBT, supported with relevant case examples. The volume demonstrates how this empirically supported intervention can be broadly applied to the full range of children and families affected by trauma. It also has utility for graduate students learning evidence-based practice. The book shows that it is possible to remain faithful to a model while making population-specific adaptations."--Lucy Berliner, MSW, Director, Harborview Center for Sexual Assault and Traumatic Stress, Seattle "This outstanding contribution helps professionals and students gain knowledge about many different applications of TF-CBT. The book conveys the flexibility of this important approach and describes how to adapt it for a variety of settings and populations--for example, military families, children with developmental disabilities, and culturally diverse children. Particularly helpful are the discussions of strategies for tailoring TF-CBT to specific children's needs, such as by incorporating play or drawing on cultural traditions. This book should be required reading for all who work with traumatized children and their families, regardless of theoretical orientation, because it elucidates the impact of traumatic experiences--and meaningful ways to intervene--so well."--Joy D. Osofsky, PhD, Paul J. Ramsay Chair, Departments of Pediatrics and Psychiatry, Louisiana State University Health Sciences Center "Edited and written by expert clinicians, this book presents state-of-the-art treatments for traumatized children, adolescents, and their families. Cohen, Mannarino, and Deblinger are key contributors to recent advances in trauma-informed mental health services who have decades of experience in the field. A vital addition to the libraries of practicing clinicians, the book will also be of great benefit to students and trainees. I recommend it most highly."--Terence M. Keane, PhD, VA National Center for Posttraumatic Stress Disorder and Boston University School of Medicine

Judith A. Cohen, MD, a board-certified child and adolescent psychiatrist, is Medical Director of the Center for Traumatic Stress in Children and Adolescents at Allegheny General Hospital in Pittsburgh, Pennsylvania, and Professor of Psychiatry at Drexel University College of Medicine. Since 1983, Dr. Cohen has conducted research on the assessment and treatment of traumatized children. With Anthony P. Mannarino and Esther Deblinger, she has developed and tested TF-CBT for children and their nonoffending parents. She has served on the boards of directors of the American Professional Society on the Abuse of Children (APSAC) and the International Society for Traumatic Stress Studies (ISTSS), and is a recipient of the Sarah Haley Memorial Award for Clinical Excellence from ISTSS, the Outstanding Professional Award from APSAC, and the Rieger Award for Scientific Achievement from the American Academy of Child and Adolescent Psychiatry

(AACAP). She is coauthor of the treatment guidelines for treating posttraumatic stress disorder (PTSD) published by ISTSS and principal author of the practice parameters for treating PTSD in children and adolescents published by AACAP. Dr. Cohen consults on the treatment of childhood traumatic grief to Sesame Workshop and the Tragedy Assistance Program for Survivors. With Anthony P. Mannarino and Esther Deblinger, Dr. Cohen is coauthor of *Treating Trauma and Traumatic Grief in Children and Adolescents, Second Edition*, and coeditor of *Trauma-Focused CBT for Children and Adolescents: Treatment Applications*. Anthony P. Mannarino, PhD, is Director of the Center for Traumatic Stress in Children and Adolescents and Vice Chair of the Department of Psychiatry at Allegheny General Hospital in Pittsburgh, Pennsylvania, and Professor of Psychiatry at Drexel University College of Medicine. A leader in the field of child traumatic stress since the 1980s, Dr. Mannarino has conducted extensive research on the clinical course of traumatic stress symptoms in children and the development of effective treatment approaches for traumatized children and their families. He is the recipient of honors including the Child Maltreatment Article of the Year Award from the American Professional Society on the Abuse of Children (APSAC) and the Legacy Award from the Greater Pittsburgh Psychological Association. A past president of APSAC and of the Section on Child Maltreatment of the Society for Child and Family Policy and Practice (Division 37) of the American Psychological Association, he maintains an active clinical practice. With Judith A. Cohen and Esther Deblinger, Dr. Mannarino is coauthor of *Treating Trauma and Traumatic Grief in Children and Adolescents, Second Edition*, and coeditor of *Trauma-Focused CBT for Children and Adolescents: Treatment Applications*. Esther Deblinger, PhD, is Professor of Psychiatry at Rowan University School of Osteopathic Medicine in Stratford, New Jersey, where she is also Cofounder and Codirector of the CARES (Child Abuse Research Education and Service) Institute. Dr. Deblinger has conducted extensive research on the mental health impact of child abuse and the treatment of posttraumatic stress disorder and other abuse-related difficulties. She has written numerous scientific articles and book chapters, as well as books for professionals and educational books for children. Dr. Deblinger is a frequent invited speaker at local, national, and international conferences and has served on the board of the American Professional Society on the Abuse of Children (APSAC). She is a recipient of honors including the Outstanding Research Career Achievement Award from APSAC and the Rosenberry Award from the Children's Hospital Colorado. In addition to her administrative, research, and teaching responsibilities, she remains active as a clinician and supervisor. With Judith A. Cohen and Anthony P. Mannarino, she is coauthor of *Treating Trauma and Traumatic Grief in Children and Adolescents, Second Edition*, and coeditor of *Trauma-Focused CBT for Children and Adolescents: Treatment*

Applications.

Great book! I love how it explains TF-CBT in numerous settings and the different things you might encounter in these settings. Wonderful book for anyone doing TF-CBT or a student interested in it. It is an easy read and well written.

For anyone working with traumatized children, this is a book that you need to have in your library.

Excellent read with some good insights provided from situational circumstances.

I primarily work with adolescents with complex trauma and attachment based disorders. When I was first exposed to TF-CBT, I was concerned about its use with complex trauma. Clients who suffer from complex trauma, typically suffer from the developmental effects of the trauma exposure, rendering them quite vulnerable to the day to day stressors several years later when unresolved. With their Stress Response Systems typically compromised, traditional top-down skill building strategies are typically not efficient enough to prepare children with these histories to process their narrative without the possibility of re-traumatization. With TF-CBT being a "16" session based approach (with the caveat that sessions have to be mastered prior to moving on), this didn't seem feasible for the "phase based approach" that is more the standard right now with children and adolescents with complex trauma. The chapter in this book on "Adolescents with Complex Trauma" was such a relief to me. This chapter, for the most part, completely covers what is missing, in my opinion, from the traditional TF-CBT approach when it comes to complex trauma. (You will need the first book to learn about the actual approach - this book talks about the modifications based on different child/adolescent populations and settings). You will also need to verse yourself in bottom up strategies, and the information that neuroscience is adding to the field of complex trauma. There are many helpful resources at the end of this chapter for further reading. I have found that a good amount of time needs to be spent on teaching the "mapping" of distress episodes, i.e. from environmental trigger, to visceral cueing, to emotional identification, the thought development to behaviors. With younger children we teach, "A trigger can prompt a big emotion, which can prompt a big behavior. We have to learn to make the big emotion smaller, so we don't have the big behavior." This is critical prior to starting narrative processing. Narrative processing will generate big emotions, clients have to be able to recognize they are having the big emotion (typically through being attuned to visceral cueing), then they have to know how to make the big emotion smaller, so they can build

their tolerance to these emotions for healthier day to day living and to support trauma processing. The initial phase of treatment is critical for this population, and over and over research is showing to "not" move into trauma narrative processing until enhanced emotional regulation and use of relationships is mastered. This time frame is dictated by the client, and can take considerably longer than what the TF-CBT model typically shows to be successful. This is typically measured by the client's capacity to handle the therapy sessions "and" be able to use co-regulation of the therapist to maintain a healthy distress state when trauma cues come up. Additionally, when clients are able to show enhanced emotional regulation/behavioral regulation during day to day (here and now) stressors - their Stress Response System is showing a higher capacity to tolerate stress in general; hence indicating they may be ready for processing of the trauma narrative/trauma themes. I have found in my work a need to STRESS that trauma informed work is "NOT" just processing the trauma narrative, but it focuses on enhancing those capacities that were compromised or disrupted at a young age, in order to enhance quality of life - not just to ready the client for trauma narrative processing. The skills built in the 1st phase of treatment alone can allow for relief to the client in feeling more safe and regulated during day to day experiences. Additionally, the addition of learning to use "safe" caregiving relationships effectively is imperative to future healthy interpersonal relationships. So, focusing on both affect regulation AND use of relationships is key in trauma informed work when working with children/adolescents with complex trauma and attachment based disorders/disruptions.

Great resource for anyone working with abused children and assisting them with addressing their trauma.

A valuable book for anyone working in child and adolescent mental health.

Great if you want to learn about TF-CBT in a variety of settings. Well organized and tightly written.

No complaints.

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