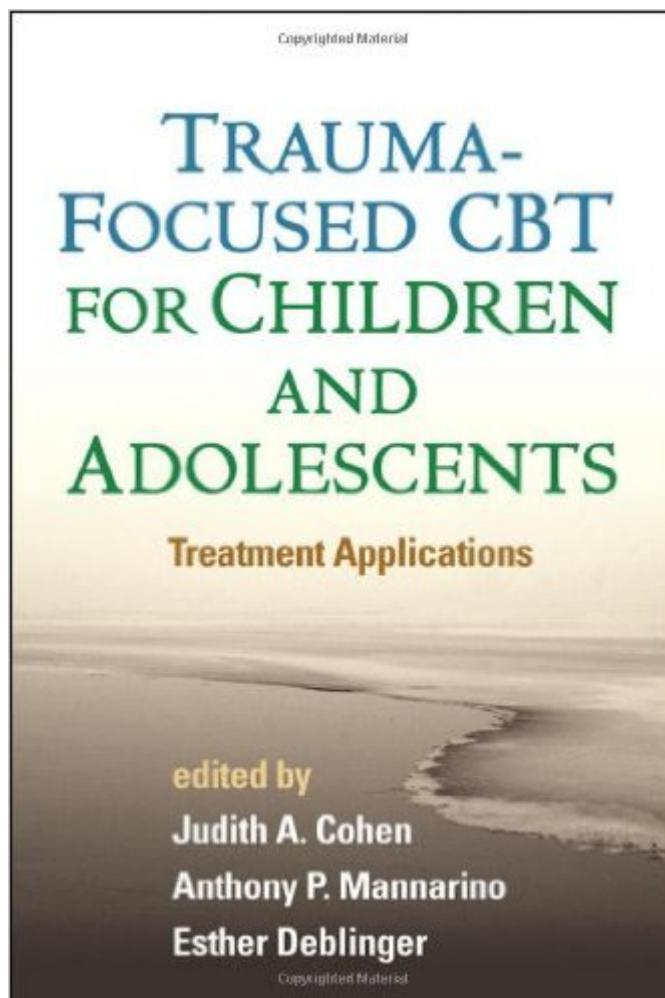


The book was found

# 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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Best Sellers Rank: #85,388 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child #87 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pediatrics #92 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

Age Range: 3 - 18 years

Grade Level: Preschool and up

## Customer Reviews

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.

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