

Trauma-focused Therapy

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Treatment guidelines for traumatized patients

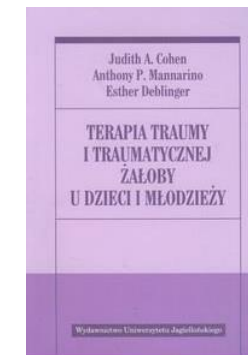
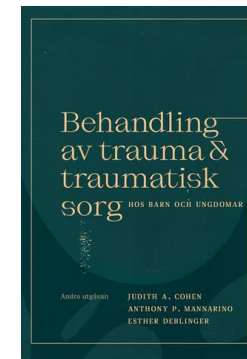
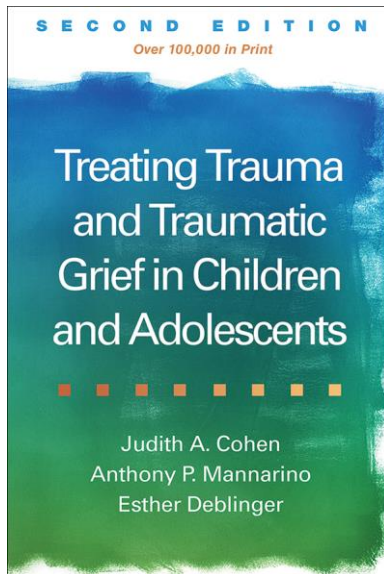
e.g. NICE, APA, ISTSS, AWMF, ...¹

- Evidence-based and clinical recommendation: Trauma-focused treatment
- Cognitive-behavioral approaches: First choice remedies
- For adults as well as children and adolescents

¹ NICE, 2018; APA, 2017; Forbes et al., 2020; Schäfer et al., 2019

Trauma-focused cognitive behavioral therapy (Tf-CBT)

Developed by J. Cohen, A. Mannarino, E. Deblinger



Evidence base

- largest evidence base among trauma treatments for children and adolescents
- RCTs¹
 - more than 20
 - PTSS: medium to large effects
- Meta-Analyses²
 - large effect size compared to waiting list
 - medium effect sizes compared to active control conditions

¹ see <https://tfcbt.org/randomized-clinical-trials/>

² e.g. Morina et al. 2016; Lenz & Hollenbaugh, 2015; Lewey et al., 2018; Hoogsteder et al., 2022

- ... addresses the multiple domains of trauma impact
 - posttraumatic stress disorder (PTSD)
 - depression
 - anxiety
 - externalizing behavior problems
 - relationship and attachment problems
 - school problems
- ... includes skills for
 - regulating affect, behavior, thoughts and relationships
 - trauma processing
 - enhancing safety, trust, parenting skills and family communication

Target population

- Children and adolescents between 3 and 21 years
- (subclinical) PTSD and/or further emotional or behavioral difficulties related to trauma
- All types of traumatic events
- Single, multiple complex trauma
- Traumatic grief

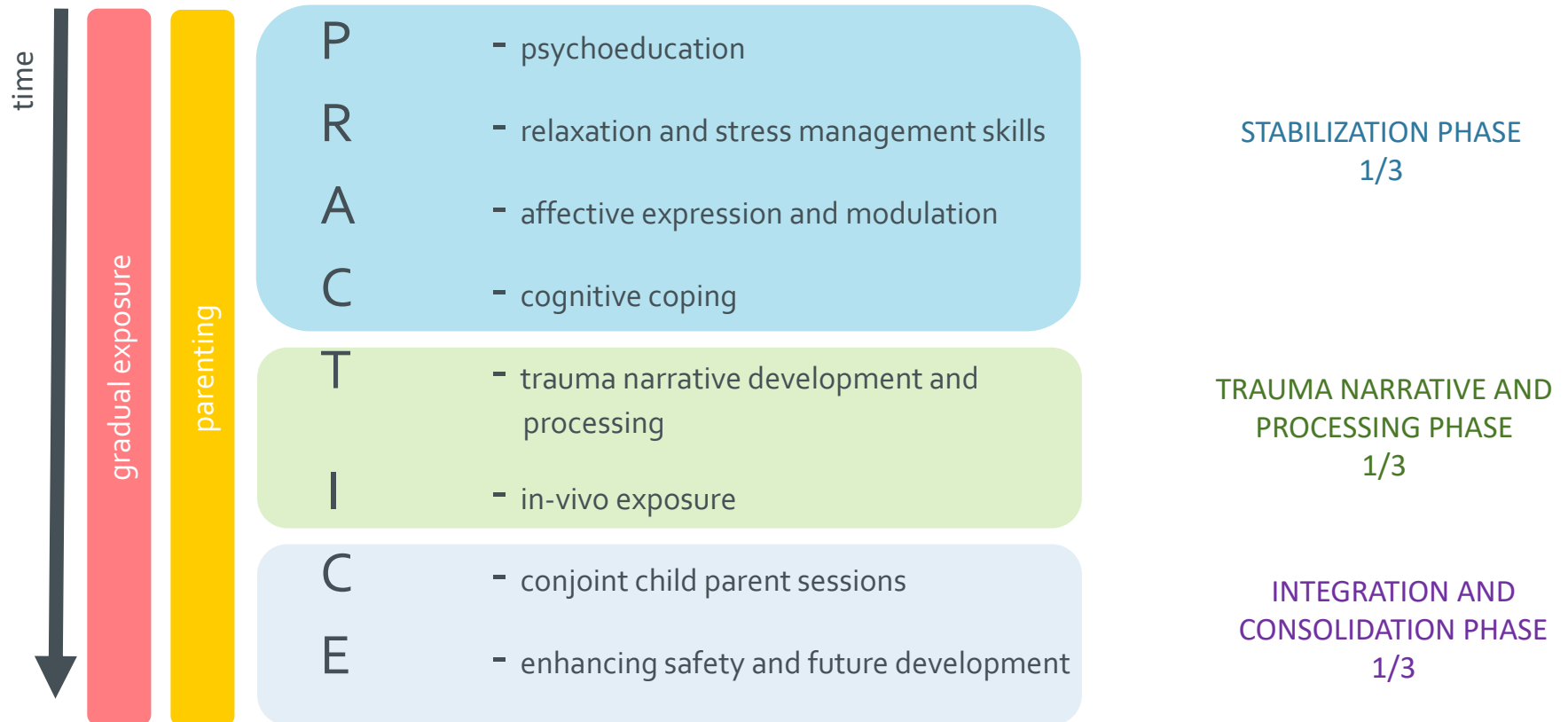
Core Values of Tf-CBT

- Components-based
- **R**espectful of individual , family, community, culture and religious practices
- **A**daptable
- **F**amily-focused
- **T**herapeutic relationship centered
- **S**elf-efficacy focused

Setting

- 12-25 sessions à 90 to 100 minutes
- Clinical setting
- School-based treatment
- Residential treatment
- Foster care

Components of Tf-CBT



Translated and adapted from Sachser, Rassenhofer & Goldbeck, 2016

Thank you for listening!