

### **3. Trauma-focussed CBT for Traumatised Children & Adolescents\*: *David Trickey***

The cognitive model of PTSD in children and young people (Meiser-Stedman 2002) will be presented and explained. This model will be used to consider: how children and families react to traumatic events, risk factors for suffering PTSD, and how TF-CBT and related interventions decrease distress and increase functioning. Based on the notion of "processing", ways in which a healing environment can be created around the child will be discussed, so that processing of the event is more likely to occur spontaneously. Direct intervention with the young person, with the family and with the school will be discussed. The evidence for TF-CBT will be considered critically, but not discarded.

Narrative exposure of some description is a crucial component of intervention, which means that clients generally need to 'remember', before they can 'forget'. The ethical and clinical dilemma of encouraging young people to do the very thing that they are trying to avoid will be considered. Persuasion rather than coercion is necessary to ensure that the effectively processes the memory, which has important implications for how the rationale for treatment is explained to clients, and their fully informed consent is subsequently gained.

#### **Learning Objectives**

By the end of this workshop, the participants should:

- Be familiar with and understand the cognitive model of PTSD
- Be aware of how children and young people commonly react to traumatic events, (and be familiar with the DSM-IV-TR diagnostic criteria of PTSD)and how the cognitive model can account for these reactions
- Understand how developmental and systemic factors impact on such a model
- Understand how to intervene effectively using TF-CBT taking into account developmental and systemic issues

- Be familiar with the evidence supporting TF-CBT for children and young people with PTSD

### **Training Modalities**

The workshop will use a variety of training methods including:

- Interactive presentation of theory with case illustrations (with clients' consent)
- Small group discussion

### **Key References**

MEISER-STEDMAN, R. (2002) Towards a Cognitive-Behavioral Model of PTSD in Children and Adolescents. *Clinical Child & Family Psychology* 5, 217-232.

### **Biography**

**David** is a Consultant Clinical Psychologist (chartered by the BPS, registered with the HPC)

### **Clinical Work**

David has extensive clinical experience working with children and families and since 2000 has specialised in working with traumatised and traumatically bereaved children and adolescents. He worked for 6 years at the Traumatic Stress Clinic in North London as it became part of Great Ormond Street Hospital, and was then Lead Consultant Clinical Psychologist at Leicester Royal Infirmary Children's Hospital. He is now the Lead Consultant Clinical Psychologist of an innovative new service for traumatically bereaved children and young people in Luton and Bedfordshire, UK.

### **Expert Work**

He acts as an Expert Witness or Advisor for the Courts, the Police and other organisation in relation to trauma and bereavement. He has been consulted following critical incidents to inform the crisis response. He was commissioned by the Department for Culture, Media and Sport to evaluate the Humanitarian Assistance Centre established in response to the London terrorist attacks on 7<sup>th</sup> July 2005.

### **Teaching and supervision**

He presents at small workshops and international conferences. He supervises and consults to other professionals, helping them to understand how traumatic events affect people, and what can be done to help. He works some of the time for UCL/Anna Freud Centre on the CBT and IAPT courses for Children and Young People.

### **Academic Work**

He supervises doctoral research relating to trauma and traumatic bereavement; he publishes novel research, including a meta-analysis of risk factors for PTSD in children which is currently in press, contributes to books and is on the Editorial Board of Bereavement Care Journal.

### **Selected Publications**

Trickey, D. (2012). Post-traumatic Stress Disorders. In P. Graham & S. Reynolds (Eds.) *Cognitive Behavioural Therapy for Children and Families: 3<sup>rd</sup> Edition*. CUP.

Trickey, D. et al. (In press). Meta-analysis of risk factors for PTSD in trauma exposed children. *Clinical Psychology Review*.

Trickey, D. & Black, D. (2009). Child trauma. In M. Gelder et al. (Eds.) *New Oxford Textbook of Psychiatry. Second Edition*. OUP.

Black, D. & Trickey, D. (2009). The effects of bereavement in childhood. In M. Gelder et al. (Eds.) *New Oxford Textbook of Psychiatry. Second Edition*. OUP.

Trickey, D. (2008). Experiencing refugee status after previous trauma. In P. Appleton (Ed.) *Children's Anxiety – A Contextual Approach*. Routledge.