

Considerations for Trauma-Focused CBT

Phase-based treatment seems to be most effective:

- Stabilization
- Trauma-processing
- Integration phase

Service provider must gather TWO SETS of information:

- 1) The trauma(s)
- 2) Secondary adversities that occur relative to the trauma(s), including:
 - Removal or rejection from family
 - Placement in foster care or residential facility
 - Legal involvements and medical procedures that are traumatic in themselves

Critical for foster youth is sustaining the therapeutic relationship even though they view most relationships as potentially threatening and that the therapeutic relationship is often a “trauma reminder”. Provide youth with consistency whenever possible.

Build bridges between agencies and organizations serving the youth to provide comprehensive support and consistency.

Evidence-Based Assessment Tools

Identifying and utilizing the appropriate assessment tool provides the best opportunity for the youth to receive the services and support needed. These sites have tools to download.

<http://www.nctsnet.org/resources/online-research/measures-review?page=2>

<http://www.cebc4cw.org/assessment-tools/>

http://www.childwelfare.gov/systemwide/assessment/family_assess/childneeds/trauma.cfm

The American Academy of Pediatrics also has several resources and tools for assessing, screening, and working with children and adolescents.

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/Clinical-Assessment-Tools.aspx>

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/Practice-and-Provider-Resources.aspx>