

Adolescent Trauma-focused Cognitive Behavioural Therapy: An Overview

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Received: December 07, 2021; **Accepted:** December 12, 2021; **Published:** December 17, 2021

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Editorial

Trauma focused cognitive behavioural therapy (TF-CBT) is an evidence-based psychotherapy or counselling that tries to meet the needs of children and adolescents suffering from post-traumatic stress disorder (PTSD) and other challenges associated with traumatic life events. Drs. developed and advocated this treatment. The purpose of TF-CBT is to provide psychoeducation to both maladaptive emotions the child and non-offending caregivers, followed by assistance in identifying, coping with, and re-regulating, thoughts, and behaviours. Cognitive behavioural therapy (CBT) is a psychosocial intervention that tries to alleviate the symptoms of many mental health issues, most notably depression and anxiety disorders.

CBT focuses on confronting and modifying cognitive distortions (e.g., thoughts, beliefs, and attitudes) and behaviours, as well as increasing emotional regulation and developing individualised coping mechanisms aimed at overcoming current difficulties. Though it was originally intended to treat depression, its applications have evolved to cover the treatment of a variety of mental health diseases such as anxiety, alcohol and drug use problems, marital problems, and eating disorders. TF-CBT has been proven in studies to be beneficial in treating childhood PTSD and in working with children who have suffered or witnessed traumatic events such as physical or sexual victimisation, child abuse, interpersonal violence, communal violence, accidents, natural disasters, and war. TF-CBT is a therapeutic strategy that includes a variety of trauma-sensitive intervention components. It strives to tailor TF-CBT procedures to the needs of children and their families while maintaining a therapeutic relationship with both the kid and the parent. Children and adolescents who have suffered traumatic life events can benefit from TF-CBT treatment. It is a 12- to 16-session treatment that blends trauma-sensitive therapies with cognitive behavioural therapy methodologies. It

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Citation: Monaco AP (2021) Adolescent Trauma-focused Cognitive Behavioural Therapy: An Overview. J Psychol Brain Stud Vol. 5 Iss No.12:56

can also be utilised as part of a bigger treatment plan for children who are struggling with other issues. Psychoeducation regarding childhood trauma and the individualization of relaxation techniques are important components of TF-CBT. There are three stages of treatment (stabilization, trauma narration and processing, and integration and consolidation).

Throughout these sessions, eight different components are included in these phases. The provider will lead 4-5 sessions in each phase, while the PRACTICE components will be supplied in the sequence listed. They are relaxation, affective expression and regulation, cognitive coping, trauma narrative development and processing, *in vivo* gradual exposure, conjoint parent-child sessions, improving safety and future development. TF-CBT can be provided by a wide range of mental health specialists, including clinical social workers, counsellors, psychologists, and psychiatrists. Therapists must be rostered or nationally certified in TF-CBT to practise. An online TF-CBT certified training course is included as part of the treatment's instruction. Additional criteria must be met before a physician can be rostered or nationally qualified.