Mercer County

Evidenced Based Practice for Child Trauma

Children’s

Advocacy Center

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| Model | Ages | Modality | Summary |
| Attachment-Based Family Therapy (ABFT) | 12-18 | 60- to 90-minute sessions conducted  weekly for 12-16 weeks | ABFT is designed to treat clinically diagnosed major depressive disorder, eliminate suicidal ideation, and reduce dispositional anxiety. ABFT aims to strengthen or repair parent-adolescent attachment bonds and improve family communication. |
| Child and Family Traumatic Stress Intervention (CFTSI) | 7-18 | four to eight sessions, which are held weekly and last 45-60 minutes each | CFTSI is a brief, early acute intervention for families who have either recently experienced or disclosed a potentially traumatic event. The intervention focuses on increasing communication between the caregiver and child about the child's traumatic stress reactions and on providing skills to the family to help cope with traumatic stress reactions. |
| Child-Parent Psychotherapy (CPP) | 0-5 | Weekly sessions lasting up to 1 year | CPP is an intervention for children who have experienced at least one traumatic event and, as a result, are experiencing behavior, attachment, and/or mental health problems. CPP supports and strengthens the relationship between a child and his caregiver(s) as a vehicle for restoring the child's sense of safety, attachment, and appropriate affect and improving the child's cognitive, behavioral, and social functioning. |
| Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT) | 3-17 | 16-20 sessions lasting 2 hours each | CPC-CBT is a structured treatment program for children and their parents (or caregivers) in families where parents engage in a continuum of coercive parenting strategies. The program aims to reduce children's PTSD symptoms and behavior problems while improving parenting skills, relationships and reducing the use of corporal punishment by parents. |
| Grief and Trauma Intervention (GTI) for Children | 7-12 | 10 sessions of approximately 1 hour | GTI for Children is designed for children with posttraumatic stress due to witnessing or being a direct victim of a traumatic event. The intervention is conducted with children in a group and individually as well as parent sessions to improve symptoms of posttraumatic stress, depression, and traumatic grief. |
| Seeking Safety | 13 & up | Individual and group, length varies | Seeking Safety is a present-focused coping skills model for clients with a history of trauma and/or substance abuse. The treatment was designed for flexible use: group or individual format and focuses on psycho-education and coping skills |
| Trauma Affect Regulation: Guide for Education and Therapy (TARGET) | 13 & up | 10-12 individual or group sessions | TARGET is a strengths-based approach to education and therapy for survivors of physical, sexual, psychological, and emotional trauma. TARGET teaches skills that can be used by trauma survivors to regulate extreme emotion states, manage intrusive trauma memories, promote self-efficacy, and achieve lasting recovery from trauma. |
| Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) | 3-18 | 12-16 sessions of individual and parent-child therapy | TF-CBT is a psychosocial treatment model designed to treat posttraumatic stress and related emotional and behavioral problems in children and adolescents. It focuses on using education and skill transfer to process past trauma and promote future development. |