The Evolution of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

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Types of Childhood Trauma

- Sexual abuse or assault
- Physical abuse
- Witness to domestic violence
- Victim or witness of community violence
- Victim or witness of school violence
- Bullying
- Suicide
- Motor vehicle or other travel-related accidents
- Weather-related events
- Terrorism
- Mass disasters
- Kidnapping; fires, etc.
Medical Trauma

- Cancer
- Burns
- Transplant or other life-threatening procedures
- Mutilating accidental or intentional injury
- Other causes of loss or death of loved ones; vicarious trauma
Traumatic Exposure Among Children and Adolescents

- 2/3 of youth age 16 and older have experienced traumatic life events
- 25% of all girls and 10-15% of all boys have been sexually assaulted by their 18th birthday
- 20-25% of all youth have witnessed intimate partner violence
- School and electronic media bullying
- Suicides and other traumatic losses
Trauma Impact

- Acute distress almost universal
- Impact *can* be long lasting
- Childhood trauma is risk factor for numerous adult psychiatric and medical problems
- Impact varies; most recover over time without treatment but a significant minority will develop moderate to serious PTSD symptoms and will require treatment
Long-term Consequences of Untreated Childhood PTSD

- Significant risk for depression and other psychiatric disorders
- PTSD is highly correlated with the development of drug and alcohol problems
Identification and Services for Traumatized Children

- Majority of traumatized children are not identified
- An even smaller number are evaluated and receive treatment
- Traumatized children who do receive treatment do not typically receive evidence-based treatments (EBTs)
Clinical Presentation of Traumatized Children

- Most traumatized children present with behavioral problems at mental health clinics.
- They may never be asked about their trauma history.
- Treatment for behavior problems may be ineffective because of the neglect of the trauma exposure.
- Outcomes may worsen over time and may result in higher levels of care (group homes; residential, etc.).
Major Barriers to Trauma Treatment

- Fear of retraumatizing the child
- Vicarious traumatization
- “Our clients are different”
Early Development of TF-CBT

• Deblinger in New Jersey
  - Influenced by work with Edna Foa, Ph.D.
  - RCTs with children exposed to sexual abuse
  - Focus on gradual exposure
• Cohen & Mannarino
  - RCTs with children exposed to sexual abuse and DV
  - Focus on cognitive processing and “making meaning”
• First combined RCT funded by the NIMH- 1997
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

A hybrid treatment model that integrates:

- Trauma sensitive interventions
- Cognitive-behavioral principles
- Attachment theory
- Developmental Neurobiology
- Family Therapy
- Empowerment Therapy
- Humanistic Therapy
TF-CBT Treatment Research: Randomized Clinical Trials

- 20 RCTs
- 9 RCTs have been completed by the Cohen, Mannarino, and Deblinger team
- Two RCTs in the Democratic Republic of Congo for sex trafficked girls and boy soldiers
- Study in Zambia by Laura Murray
- One RCT in Norway by Tine Jensen and her group
- The Netherlands: TF-CBT vs. EMDR
- One RCT just finished in Germany
Treatment Research

- Studies have been conducted with children exposed to sexual abuse, domestic violence, traumatic losses, civil war, sex trafficking and multiple traumas
- Improved PTSD, depression, anxiety, shame and behavior problems compared to client-centered or nondirective therapy
- Improved parental distress, parental PTSD, parental support, and parental depression compared to client-centered or nondirective treatment
TF-CBT Components

- **PRACTICE**
  - Psychoeducation and Parenting Skills
  - Relaxation
  - Affective Modulation
  - Cognitive Processing
  - Trauma Narrative
  - In Vivo Desensitization
  - Conjoint parent-child sessions
  - Enhancing safety and social skills
Components- and Phase-Based Treatment

**PRACTICE COMPONENTS:**
Psychoeducation; Parenting Skills
Relaxation Skills
Affective regulation Skills
Cognitive processing Skills
trauma narration and processing

**TF-CBT PHASES:**
STABILIZATION PHASE
TN PHASE
INTEGRATION PHASE

In vivo mastery of trauma reminders
Conjoint child-parent sessions
Enhancing safety

15 YEARS
NCTSN
The National Child Traumatic Stress Network
TF-CBT Dissemination
The National Child Traumatic Stress Network

- The National Child Traumatic Stress Network was launched by Congress in 2000 as part of the Children’s Health Act.

- The NCTSN is supported through funding from the Donald J. Cohen National Child Traumatic Stress Initiative, administered by the Department of Health and Human Services (DHHS), Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration (SAMHSA).
The mission of the National Child Traumatic Stress Network (NCTSN) is to **raise the standard of care and improve access to services** for traumatized children, their families, and communities throughout the United States.
National Child Traumatic Stress Network (NCTSN)

Our Center for Traumatic Stress in Children and Adolescents has been a Treatment Services and Development Center in the NCTSN since its inception in 2001.
Learning Collaborative Toolkit

Raising the standard of care for traumatized children and their families...

This project was funded by the Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services.
NCTSN Learning Collaboratives

- NCTSN has sponsored three national TF-CBT Learning Collaboratives and several regional TF-CBT Learning Collaboratives
- Other states (Delaware; Washington; Connecticut; South Carolina; North Carolina; Texas; Michigan; Massachusetts), based on the NCTSN model, have sponsored their own state-wide TF-CBT Learning Collaboratives
Child and Adolescent Trauma Treatment Services (CATS) Project

- CATS Project: TF-CBT used following 9-11 terrorist attacks in NYC demonstrated significantly greater improvement in PTSD among > 500 children receiving TF-CBT than those receiving usual treatment.
National and International Dissemination Projects

• 26 states have sponsored/are sponsoring TF-CBT dissemination projects, including Nevada, Utah, Washington, Connecticut, Delaware, Arkansas, New York, Illinois, South Carolina, California, New Jersey, Pennsylvania, and North Carolina.

• International dissemination projects in Norway, Germany, the Netherlands, Japan, Sweden, Cambodia and Zambia
Treating Trauma and Traumatic Grief in Children and Adolescents

Judith A. Cohen
Anthony P. Mannarino
Esther Deblinger
Translations

• Our book has been translated into Dutch, German, Korean, Japanese, Chinese, Russian, and Polish.

• Other translations currently underway.
TF-CBT Web-based Dissemination

- **TF-CBTWeb** ([www.musc.edu/tfcbt](http://www.musc.edu/tfcbt))
  - 312,806 learners have registered for course
  - 171,154 have completed the full course
  - In last six months, the rate of new learners is 123/day

- **CTGWeb** ([www.musc.edu/ctg](http://www.musc.edu/ctg))

- **TF-CBTConsult** ([www.musc.edu/tfcbtconsult](http://www.musc.edu/tfcbtconsult))
TF-CBT Web is a web-based, distance education training course for learning Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT).
TF-CBT Web

www.musc.edu/tfcbt

• Web-based learning
• Learn at your own pace
• Learn when you want
• Learn where you want
• Return anytime

• 10 hours of CE

TF-CBT Web is offered free of charge.
New Cognitive Processing Video Game

TF-CBT TRIANGLE OF LIFE
• Currently available on the Google Play Store
• Currently available on the Apple Store
TF-CBT Train-the-Trainer Program

• 70 trainers have been trained in four different cohorts over the past 12 years

• Trainers stay connected to TF-CBT developers through regular meetings, sharing of training resources and research, and TF-CBT Google group.

• Our trainers have conducted approximately 1500 in-person U.S. trainings over the past 12 years. About 75,000 clinicians have been trained.
TF-CBT Training Package

- TF-CBT Web
- Two-day live TF-CBT training
- At least 12 follow-up consultation calls

OR

- TF-CBT Web
- TF-CBT Learning Collaborative
International Train-the-Trainer Program

• The first cohort was completed in April, 2013.
• Four countries and a total of 11 participants:
  - Norway
  - Sweden
  - the Netherlands
  - Germany
• Current Asian TTT Program with MH professionals from Japan and Singapore- started in July, 2016
International TTT Program (cont’d)

New cohort for our European TTT program starting April, 2017
- Norway
- Sweden
- Germany
- the Netherlands
- Finland
TF-CBT Train-the-Supervisor Program

- Three cohorts of 55 supervisors from around the country

- Major goal of the TTS Program is local sustainability of TF-CBT within a specific organization.

- Program consists of 15 months of conference calls; distribution of supervisory materials and other resources

- Graduates of TTS Program can provide TF-CBT supervision that counts toward therapist certification
TTS Program (cont’d)

• Will start new TTS cohort this spring with TF-CBT supervisors from across the U.S.

• Will initiate TTS program later this spring with TF-CBT supervisors from Los Angeles County in conjunction with L.A. Department of Mental Health
TF-CBT Therapist Certification Program

- Therapist Certification Program started in September, 2013.
- Website: https://tfcbt.org
- There are currently about 1800 certified TF-CBT therapists in the U.S. and Canada
The Future of TF-CBT
Current Formal TF-CBT Applications

- TF-CBT Implementation Manual for Military Families
- TF-CBT Implementation Manual for Youth in Residential Facilities
- TF-CBT Implementation Manual for Children in Foster Care
Ongoing/Planned TF-CBT Applications

Client Populations

- LGBTQ youth
- Commercially sexually exploited children (CSEC)
- Youth with developmental disabilities, including those on the autism spectrum
New TF-CBT Technology

- TF-CBTWeb 2.0 will be available later this year
  - Improved videos
  - Applications to complex trauma
- Working with Ken Ruggiero of Medical University of South Carolina to develop apps for the PRACTICE components
- PTSD Screening app: Screen Team
  - For younger children ages 7-12
  - Based on Foa’s Child PTSD Symptom Scale
TF-CBT Therapist Certification Program

- Therapist certification expires after five years
- Current work is focused on recertification criteria and continuing education
  - Continuing education will be available at no cost at [https://tfcbt.org](https://tfcbt.org)
  - Recertification will be for five years
  - Certified therapists will be emailed one year prior to expiration of their certification to inform them about CE requirements and renewal
TF-CBT Research

- International RCTs, including in Kenya and Tanzania
- TF-CBT outcome research in Japan for children affected by the 2011 tsunami/earthquake
- Research focused on TF-CBT processes
  - Delaware study demonstrating how parental treatment variables affect child outcomes
  - Study by Sharma-Patel & Brown- youth with higher emotional dysregulation improve the most after trauma narration and processing
Maya Angelou:

“The world is changed one child at a time”

Thank you for all you do for traumatized children!