Child Sexual Abuse and TF-CBT

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Clinical Considerations for Today’s Session

- Disclosure types
- Caregiver stance about disclosure
- Caregiver stability and support
- Dissociation
- Grooming dynamics
- Gradual exposure
- Commercially Sexually Exploited Youth
- Resources
Disclosure Types

• Purposeful

• Emergent

• Prompted or elicited

• Accidental
Caregiver Stance about Disclosure

• Caregiver believes, supports, protects = best outcome ("green light")
• Caregiver questions details but not that it happened ("yellow light")
• Caregiver deeply ambivalent about veracity of disclosure ("orange light")
• Caregiver flatly disbelieves ("red light")
Caregiver Stability and Support

• Disclosure as crisis
• Caregiver’s own trauma history
• Impact on parenting
• Perpetrator’s role vis a vis caregiver

• Believing, supportive, protective caregiver = best outcomes
Dissociation

- Very common as symptom of sexual abuse trauma
- UCLA PTSD Reaction Index (DSM 5) dissociative subtype
- Behavioral descriptions vs “she/he dissociates”
- Identify triggers/antecedents/early warning signs
- Psychoeducation, Relaxation, Affect Regulation
Grooming Dynamics

• Often not clear at beginning of TF-CBT
• Psychoeducation throughout model as grooming becomes clearer
• “Tricking you to trust”
• Caregivers have also been groomed – parent sessions
• In narrative – “good memories” chapter
Gradual Exposure

• We name it to tame it
• Specific sexual acts, body parts, body responses
• GE with caregiver is critical
• Shame
• Fault/blame/responsibility
Commercially Sexually Exploited Youth

- Treatment engagement
- Survival sex
- Pimp as protector
- Fault/blame/responsibility is different
Other Issues

- Sexual abuse often not stand-alone trauma
- On-going investigation and impact on treatment
- Criminal/civil litigation and impact on treatment
- Cultural/religious views on sexuality and sexual abuse
- GLBTQ youth and sexual abuse
- Intrafamilial sexual abuse
Resources

• Child Sexual Abuse (2015) Deblinger, Mannarino, Cohen
• National Child Traumatic Stress Network (nctsn.org)
• Harborview Center for Sexual Assault (University of WA)