

# 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)