

# The Use of the UCLA PTSD Reaction Index in the Delivery of TF-CBT

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# DSM 5 Diagnosis of PTSD

- No longer an Anxiety Disorder
- Trauma- and Stressor-related Disorder
- Subjective reaction of terror, horror, or overwhelm eliminated
  - (was A2 criterion)
- Four symptom subcategories
  - Intrusion
  - Avoidance/Numbing
  - Negative alterations in cognition and mood
  - Hyperarousal

# DSM 5 Diagnosis of PTSD

- Hyperarousal now includes irritable or aggressive behavior and reckless or self-destructive behavior
- Has criteria for “6 years and younger”
- Dissociative subtype

# UCLA PTSD Reaction Index

- Administration is a **CLINICAL EVENT**
  - Rapid rapport builder
  - Gradual exposure tool
  - Opportunity to see trauma reactivity
- Diagnostic assessment instrument
- Interview format by treating clinician
- Normed 7 – 18 years

# UCLA PTSD Reaction Index

- Frequency rating scale (calendars)
- Administer 3 times
- Clinician establishes anchor trauma
- Embed the anchor throughout the symptom questions for gradual exposure
- Parent version available

# UCLA PTSD Reaction Index

- Scoring & Interpreting
  - Four sub categories & total score
  - Dissociative subtype
  - Electronic scoring available
  - Symptom analysis print out
  - Clearer thresholds for determining symptom cluster cut offs

# UCLA PTSD Reaction Index

- Scoring & Interpretation
  - Trauma reactivity
  - Under-reporting (avoidance)
  - Over-reporting (purposeful exaggeration)
  - Child-caregiver differences

# Other Trauma Screeners

- Trauma Symptom Checklist for Children (TSCC) Briere (\$)
- Trauma Symptom Checklist for Young Children (TSCYC) Briere (\$)
- Traumatic Stress Screen for Children and Adolescents (TSSCA) University of MN (no \$)



# Not Just Paper & Pencil...

- Interview with caregiver(s)
- Contact with collaterals
- Observation of caregiver-child interactions
- Medical, substance abuse, mental health, educational, placement histories, mental status
  
- Take your time!

# Trauma Assessment & TF-CBT

- TF-CBT is assessment driven
- **AC- PRACTICE**
- Customize & individualize each component