Youth Outcomes of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in the Child Trauma Training Center (CTTC)

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Montagna, Crystaltina; Griffin, Jessica L.; Bartlett, Jessica Dym; Kane-Howse, Genevieve; and Todd, MaryBeth, "Youth Outcomes of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in the Child Trauma Training Center (CTTC)" (2017). Community Engagement and Research Symposia. 13.

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Keywords
trauma, youth, post-traumatic stress (PTSD), Cognitive Behavioral Therapy

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Introduction

Exposure to trauma among youth is common and can cause behavioral, social and functioning problems. Use of evidence-based trauma treatment can reduce post-traumatic stress (PTSD) symptoms and behavioral problems. This poster highlights the outcomes of youth who participated in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) provided by clinicians who were trained through the University of Massachusetts Medical School (UMMS) Child Trauma Training Center (CTTC).

Methods

308 youth ages 6-18 were enrolled into the CTTC evaluation with a mean age of 11.31 years (SD = 3.5); over half were female (58.1%), the majority were white (62.3%) and 37% were Hispanic. Data was collected using the following measures: Child Behavior Checklist (CBCL; Achenbach & Rescorla, 2001), UCLA PTSD Index (Pynoos et al., 1998) and the Social Connectedness survey (Lee & Robbins, 1995).

Results

Both youth and parent/caregiver reports showed significant reduction in PTSD symptoms from baseline to discharge of TF-CBT treatment. p < .001 for all symptoms by each source.

Parents/caregivers reported a significant reduction in Intrusive, Externatizing and total behavioral problems from baseline to discharge of TF-CBT treatment. Internalizing p < .01; Externatizing p <.001 and total problem behaviors p <.001

Both youth and parent/caregiver reports showed significant improvement in Social Connectedness from baseline to discharge of TF-CBT treatment. These results adequately show positive child outcomes as a result of TF-CBT treatment in the context of CTTC’s framework.

Conclusion and Discussion

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