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

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Presenter Information
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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 from baseline to discharge of TF-CBT treatment.

Results

Both youth and parent/caregiver reports showed significant reduction in PTSD symptoms from baseline to discharge of TF-CBT treatment. Parent/caregiver report: $p < .001$; youth report: $p < .001$.

Conclusion and Discussion

Results of the youth and parent/caregiver reports of PTSD symptoms, behavioral problems and social connectedness indicates that youth and parent/caregivers noticed significantly fewer and less severe PTSD symptoms, fewer behavioral problems and improvement in social connectedness compared to baseline. These results adequately show positive child outcomes as a result of TF-CBT treatment in the context of CTTC’s framework.

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References


