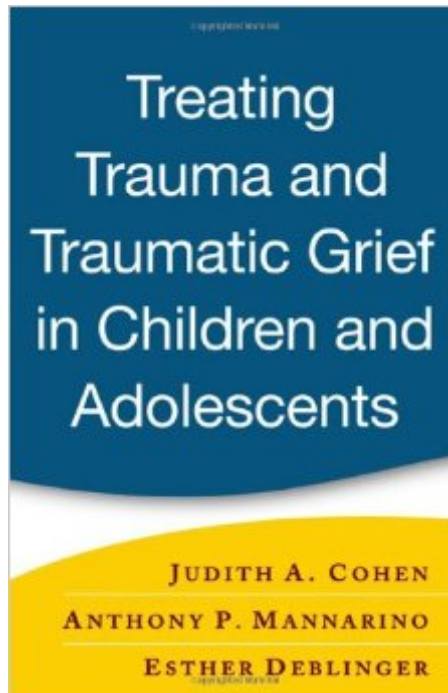


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# Treating Trauma And Traumatic Grief In Children And Adolescents



## Synopsis

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program. See also the edited volume *Trauma-Focused CBT for Children and Adolescents: Treatment Applications* for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

## Book Information

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## Customer Reviews

I have to agree with the other reviews that describe this book as thorough and well-written. The authors use language that is psychology-based but also accessible to non-psychology oriented readers. It is written in a logical order and covers all the bases of trauma-based therapy work. One thing that I especially appreciate about this book is that it discusses the various domains of one's life that trauma affects: emotions, thoughts, behaviors, biological/physical factors, etc. I also love how easily it lays out the steps that are taken to help a traumatized child/teen. The "PRACTICE"

approach that the authors introduce is easy to follow and to put into action, for the most part. Even for therapists who are not using the CBT model of psychology (which is me), this book gives plenty of good ideas and tips for how to best treat those affected by trauma. The appendices are also quite helpful in guiding readers to related works and in providing concrete examples of activities suggested by the authors. Overall, this is a very worthy read!

This book was required reading for a postgraduate course for professionals in treating trauma. Excellent resource for the professional counselor - may even be applied to young adults, adults with delayed emotional developmental issues, or developmentally disabled adults. Highly recommended graduated-exposure and appropriate titration to the processing of trauma experiences using an evidence-based practice.

After attending trainings on this method I was inclined to get the book which went into more detail on the TF-CBT method. I find the book helpful and a good reminder of the "shoulds" and "should nots" for this treatment modality. Worth the money and not a bad price.

This book provides a comprehensive overview of the impact of trauma on children. The Trauma-Focused Cognitive Behavioral Therapy approach is described in detail, making it easy for practitioners to implement into their practice. I highly recommend this book for mental health practitioners treating traumatized youth. Other books on this topic that I recommend: Blending Play Therapy with Cognitive Behavioral Therapy: Evidence-Based and Other Effective Treatments and Techniques Structured Play-Based Interventions for Engaging Children and Adolescents in Therapy Creative Interventions for Bereaved Children Cognitive Behavioural Therapy for Child Trauma and Abuse: An Step-by-Step Approach

This is an outstanding book and should have received five stars from me. Due to the extremely well written and clear content, the information contained in the text is rich and conceptually dense making slow but wonderful reading for me. I hope that my review here is wrong in which case I would gladly give the book five stars. However, as an L.C.S.W. working in the public schools with over 30 years of experience including 17 years of prior experience working with child and adolescent victims of abuse and trauma, I was appalled at the lack of attention spent on effectively collaborating with schools. The only reference I could find, and I am reading the book as fast as I can digest the scope of information contained, is on page 150 and it states that, "The school does

not need to know the details of the child's treatment to to understand the plan for helping him/her return to school. . . There is typically no need to to tell school personnel details about the nature of the child's traumatic experience."This position denigrates the role of mental health professionals working in the schools, is non-systemic in its perspective, and denies the child and family impacted by trauma or traumatic grief tremendously valuable support. The impacted young person will spend a major portion of their day and of their social interaction in school. The failure to aggressively incorporate school-based resources on a role-specific basis is a major oversight, disrespectful of the capacity of mental health professionals working in the schools, and a disservice to children and families impacted by trauma. Again, I hope that I misread or misunderstood the position of the authors. Thank you.

This is the textbook of how to provide TF-CBT to children. If you want to know step-by-step how to do it by the folks who designed it, who researched it, then this is the book they wrote. Then go to [www.musc.edu/tfcbt](http://www.musc.edu/tfcbt) to see it.

Trauma is my speciality and this book reigned it all in. I'm learning a lot of books are repeating information, however this book managed to introduce new concepts from a different lite. Great book for my personal library. Look forward to reading other works by this author.

We have been using this book with my child right now. We have tried everything else to help my son. He has been hospitalized, in residential home. Councilors and so on. This book helps him as well as us understand what is going on with him.

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