
The Effect of Trauma-Focused Cognitive-Behavioral Therapy on Post Traumatic Stress Disorder (PTSD) Symptoms in Children and Adolescents

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ABSTRACT

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) has been shown to be an effective treatment for reducing PTSD symptoms in children and adolescents. Research has consistently demonstrated that TF-CBT leads to significant decreases in symptom severity, improved emotion regulation, and enhanced emotional well-being. Additionally, TF-CBT has been found to decrease depressive and anxiety symptoms in youth with co-occurring mental health conditions. The approach's effectiveness is influenced by factors such as age, trauma severity, and presence of additional mental health conditions. Furthermore, resilience plays a crucial role in mitigating the impact of adverse childhood experiences on mental health. By fostering effective coping strategies and promoting protective factors, TF-CBT can help children and adolescents develop resilience and improve their overall well-being

Keywords: Fake News, Long Short-Term Memory (LSTM), Support Vector Machine, Dependencies Machine Learning,

Journal Reference Format:

Longe, Bankole-Phillips. A. (2024): The Effect of Trauma-Focused Cognitive-Behavioral Therapy on Post Traumatic Stress Disorder (PTSD) Symptoms in Children and Adolescents. *Journal of Behavioural Informatics, Digital Humanities and Development Rese* Vol. 10 No. 1. Pp 75-78. <https://www.isteams.net/behavioralinformaticsjournal> dx.doi.org/10.22624/AIMS/BHI/V10N1P7

1. INTRODUCTION

As Lewey et al., 2018 defines it, Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is an evidence-based treatment approach whose main purpose is to address PTSD symptoms in children and adolescents. One of the reasons why it has bene popular and in use for quite some time, is because of the implications, most of them positive, it has. These are the main points that help paint a clearer picture of the effects of Trauma-Focused Cognitive-Behavioral Therapy on PTSD Symptoms in Children and Adolescents

It helps with reducing the severity of PTSD symptoms: As per many but related studies done, it has been found that TF-CBT is very effective in reducing the overall severity of PTSD symptoms. Some of the aforementioned symptoms include but don't end with intrusive thoughts, avoidance behaviors, and most commonly negative cognitions. For the children and adolescents who get the chance to go through TF-CBT, it is often an experience for them to end up with a significant decrease in the frequency and intensity of these symptoms. In the grand scheme of things, this leads to improved functioning and overall quality of life. This is therefore yet another point that helps explain the collective effect of Trauma-Focused Cognitive-Behavioral Therapy on PTSD Symptoms in Children and Adolescents and one that also help appreciate its overall relevance.

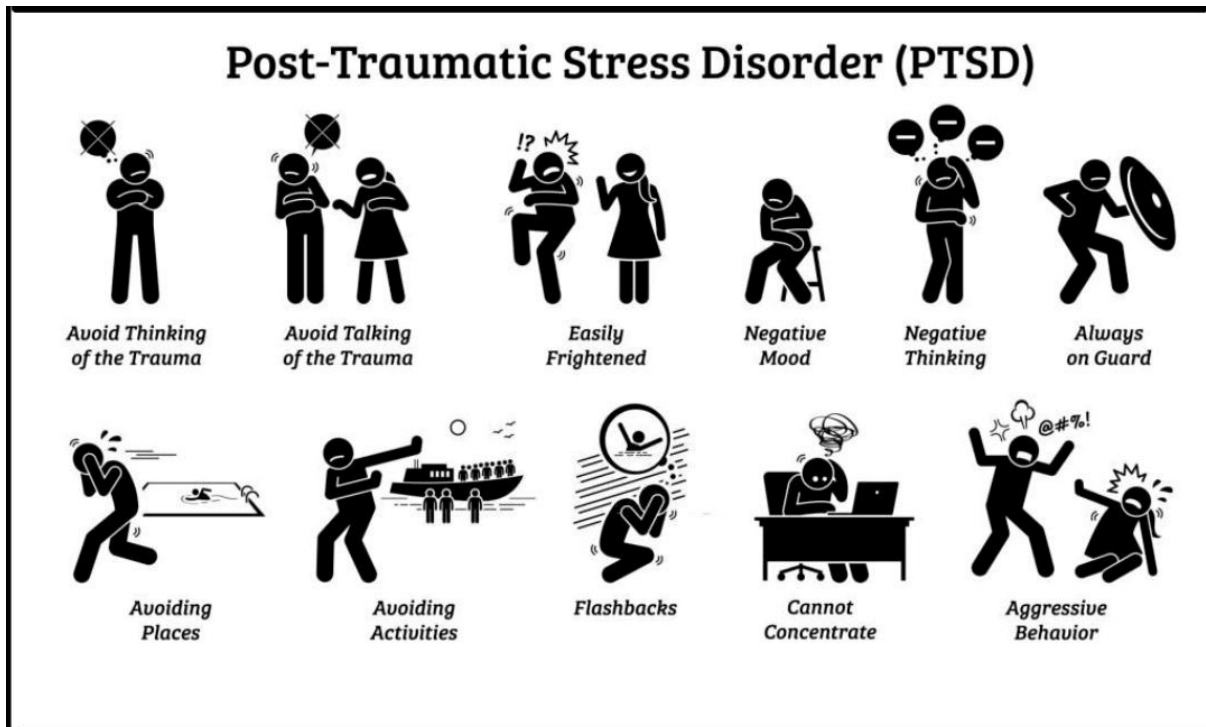


Fig 1: Symptoms of PTSD

Source: <https://continentalhospitals.com/blog/post-traumatic-stress-disorder-ptsd-symptoms-and-treatment/>

Thirdly, and as research has also ascertained, this approach also helps improve one's emotion regulation: TF-CBT incorporates techniques aimed at helping children and adolescents develop healthier coping strategies and emotion regulation skills. By simply learning to identify and manage their emotions more effectively, those who use this approach can navigate the distressing thoughts and feelings associated with traumatic experiences. Lewey et al., (2018) makes it clear that with this improved level of emotion regulation, it then becomes even more possible to reduce the PTSD symptoms. The overall end result of this is the enhancing of overall emotional well-being.

There are also cases where this approach being used has meant a decrease in depressive and anxiety symptoms: It is important and a win even, when a measure taken to manage a condition, ends up decreasing the symptoms. It is very common for PTSD to happen at the same time with other mental health issues. Some of the conditions that can co-exist with PTSD include depression and anxiety disorders. When used in this context, TF-CBT has been shown to have a positive impact on these conditions as well. With all this in mind therefore, addressing the underlying traumatic experiences and associated cognitive distortions, means that TF-CBT can help alleviate symptoms of depression and anxiety.

In a nutshell, it is very vital to note that the effectiveness of TF-CBT can be influenced by various factors. Some of the said factors include the child's age, the type and severity of the traumatic event, and most importantly the presence of additional mental health conditions. That being said, TF-CBT and as explained in this case, has proven to have a positive impact when used correctly.

2. EXPLORING THE ROLE OF RESILIENCE IN THE MENTAL HEALTH OF CHILDREN AND ADOLESCENTS EXPOSED TO ADVERSE CHILDHOOD EXPERIENCES

For children and adolescents who have experienced adverse childhood experiences, there are a number of factors that play a crucial role, and key among them is resilience. ACEs as they are popularly known, encompass a wide range of potentially traumatic events. Some of the said traumatic events could be physical, emotional, neglect, or simply just exposure to violence. Either way, irrespective of the event itself, the experiences drawn from the trauma can have negative impacts on a child's mental health and overall well-being, and if not checked, the implications could last a lifetime.

To understand and even appreciate how relevant resilience is in helping children in this context, it is important to understand what it means. By way of simple definition, resilience refers to the ability of a person to adapt and cope effectively in the face of hard times. For children and adolescents exposed to ACEs, resilience can come out in many ways. In some cases, it might just be about the development of effective coping strategies, such as seeking social support, and engaging in positive activities (Oshri et al., 2020). Whenever it is there but needs a bit of bolstering, then the same can be done by the presence of protective factors. The aforementioned factors include but aren't limited to a strong support system and access to resources that promote well-being. With this explanation, it is easier to appreciate the important role resilience does play in the fight against trauma even for younger adults, and therefore cultivate it whenever possible.

3. CONCLUDING REMARKS

In conclusion, it isn't an overstatement to say that resilience is in fact a dynamic process and one that can be shaped throughout a child's development. When done well, then resilience can in fact help a person cope with ACEs and this is something that has been emphasized across this discussion. It is however important to note that in itself, without a support system, resilience can't be effective.

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