

Understanding Trauma-Focused Approaches: An ECHO Series

Brought to you by the Telehealth ROCKS Together & KanDO programs

Thanks for joining us!

The session will begin on time.

Understanding Trauma-Focused Approaches

Welcome!

- ▶ Your microphone has been **muted**. Please use the chat or unmute yourself to communicate.
- ▶ We appreciate you keeping your **camera** on.
- ▶ **Completion certificates** are emailed after the last session. Make sure your first & last name are visible on your Zoom screen.
 - ▶ Use the “rename” feature in the menu to change.

Presenters



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Project Disclosure Statement

- ▶ We have no relevant financial relationships with the manufacturers(s) of any commercial products(s) and/or provider of commercial services discussed in this CME activity.
- ▶ We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

Mitigating Potential Bias

- ▶ The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession.

Series Overview

Session I: Which children need trauma-focused approaches?

Session II: What to expect from a trauma-responsive mental health provider

Session III: Introduction to Trauma-Focused CBT

Session Overview

Last week recap

Chair Yoga exercise

Didactic presentation

Breakout Room scenario

Q&A



Chair Yoga #1

Cactus Arm Affirmations

<https://www.ksdetasn.org/smhi/mindfulness-school-based-yoga-tools>



What is Trauma-Focused CBT (TF-CBT)

Components based approach integrating

- Trauma-sensitive interventions
- Cognitive behavioral principles
- Aspects of attachment, family, developmental neurobiology, empowerment, and humanistic theoretical models

Addresses symptoms of

- Anxiety
- Depression
- PTSD, and associated features of these conditions

What is Trauma-Focused CBT (TF-CBT)

Components – Based

Respect of cultural values

Adaptable & Flexible

Family Focused

Therapeutic relationship is central

Self – efficacy is emphasized

Who is TF-CBT For?

3 to 18 year olds

Parent involvement

Children diagnosed with post-traumatic stress disorder (PTSD)

Note: many children exposed to trauma don't exhibit symptoms of PTSD

Children at least 1 month out from trauma exposure

Important considerations when

- Child is child-welfare involved

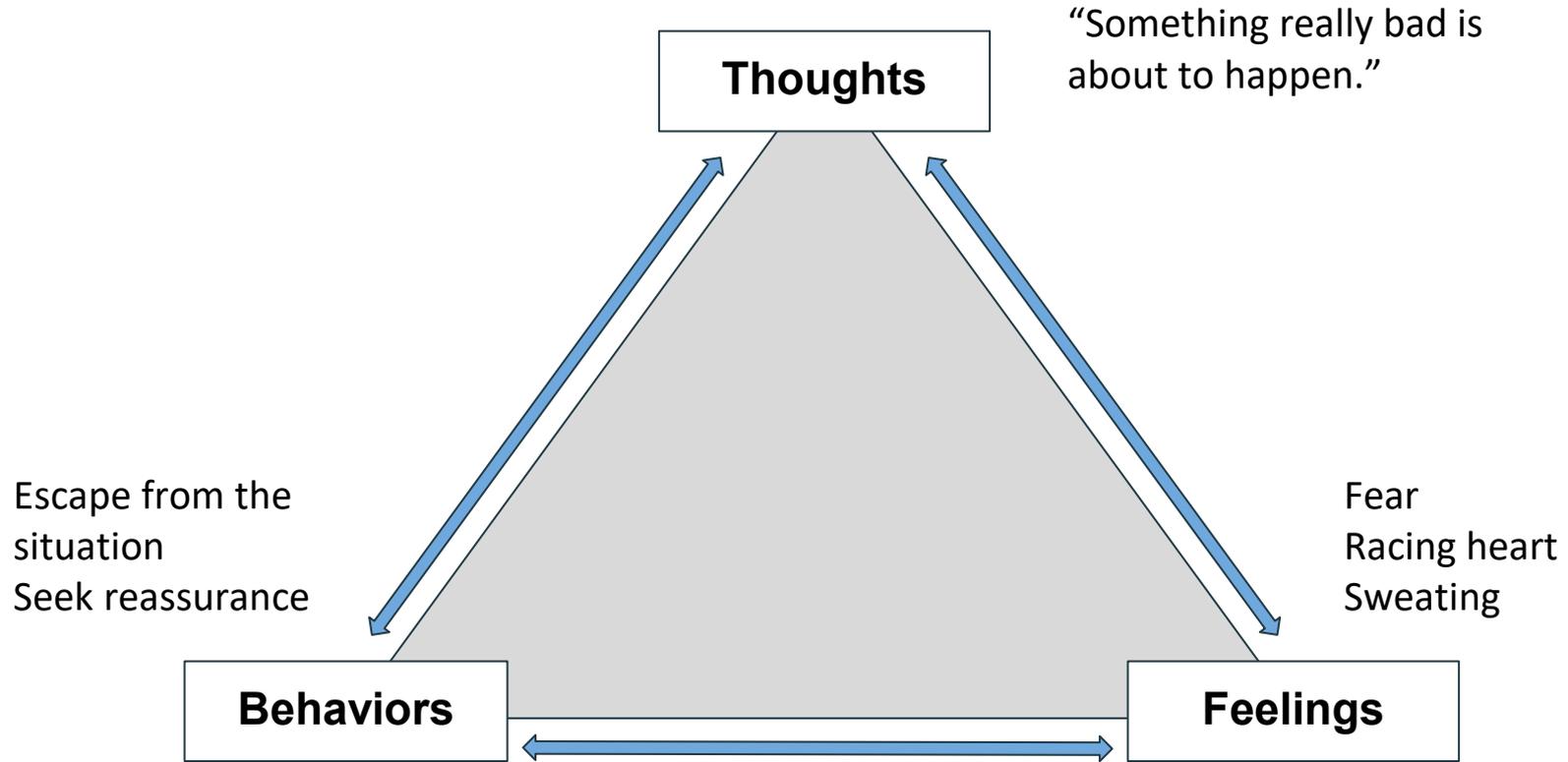
- Behavior problems are primary

- Domestic violence is ongoing

- Traumatic grief is part of the picture

- Complex trauma is part of the picture

Overview of TF-CBT



Overview of TF-CBT

- Typically provided in 12-16 weekly sessions
- Most sessions last 60 minutes with the child and caregiver separately meeting with the therapist for about 30 minutes each

Psychoeducation and Parenting Skills

Relaxation

Affective Modulation

Cognitive Coping

Trauma Narrative

In-Vivo Exposure

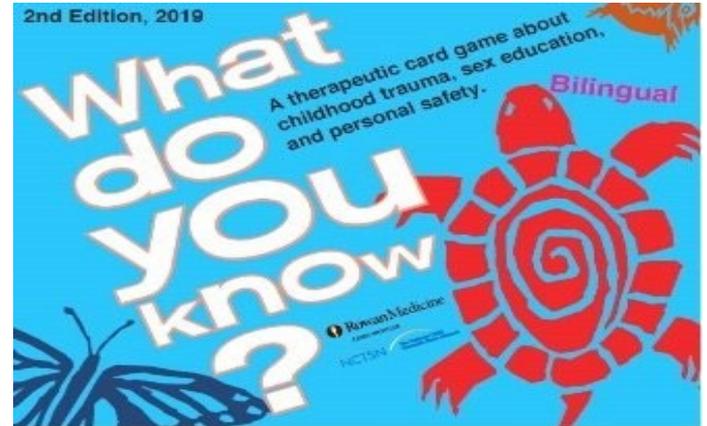
Conjoint Trauma Narrative

Enhancing Safety and Growth

Diving into ...

Psychoeducation

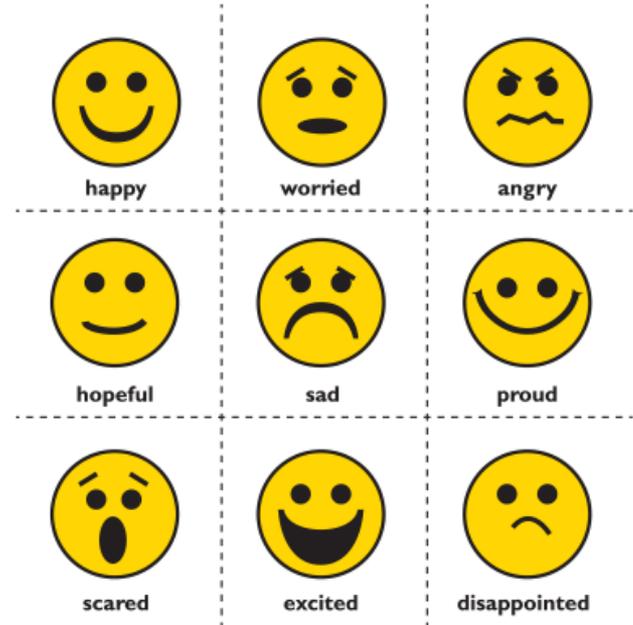
- Normalize exposure to trauma and psychological reactions to trauma
- Establish social norms regarding the child's role in the trauma and their coping



Diving into ...

Affective Modulation

- Help children learn to identify and label a range of feelings
- Rate feelings at different intensities
- Learn to connect feelings to thoughts and behaviors

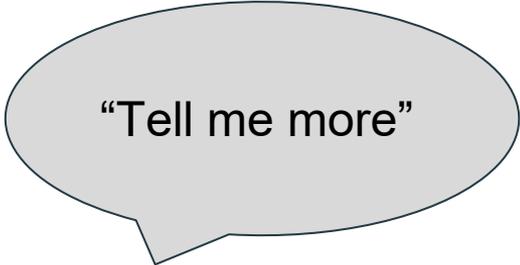


What to Expect *During* Treatment

- ▶ **Child/adolescent may:**
 - ▶ Be “business as usual”
 - ▶ Greater behavioral issues (more often, louder, longer)
 - ▶ Increased avoidance, hyperarousal
 - ▶ Greater awareness of behavioral responses (w/varying responses)
 - ▶ Regression (acting younger and/or returning to prior behaviors/strategies)
 - ▶ Shifting reactions/responses
 - ▶ More rigidity, perfectionism
 - ▶ Talking more about trauma
 - ▶ “Psychology 101” in the classroom (verbally processing what they’re learning, making sense of what they’re learning on their own or through their relationships)

What to Expect *During* Treatment

- ▶ **Supporting adults can:**
 - ▶ Talk to the treating provider
 - ▶ Ask for input
 - ▶ Get help translating by context if needed
 - ▶ Let the treating provider treat...
 - ▶ Be consistent & predictable
 - ▶ Attend to basic needs & “work up”
 - ▶ Focus on relationship
 - ▶ *I care about you...you are not alone*
 - ▶ Be aware of context – add layers of structure as needed
 - ▶ Review plans, schedules, routines
 - ▶ Revisit what is known and within your/their control
 - ▶ *I don't know...what I do know is...*
 - ▶ Be responsive
 - ▶ Acknowledge actions, words, & feelings
 - ▶ (Teach them well &) let them lead the way
 - ▶ Redirect to best time/place if needed
 - ▶ Take care of themselves & other adults



“Tell me more”



“Thank you
for trusting
me with that
information.”

Treatment ~ Broader Context

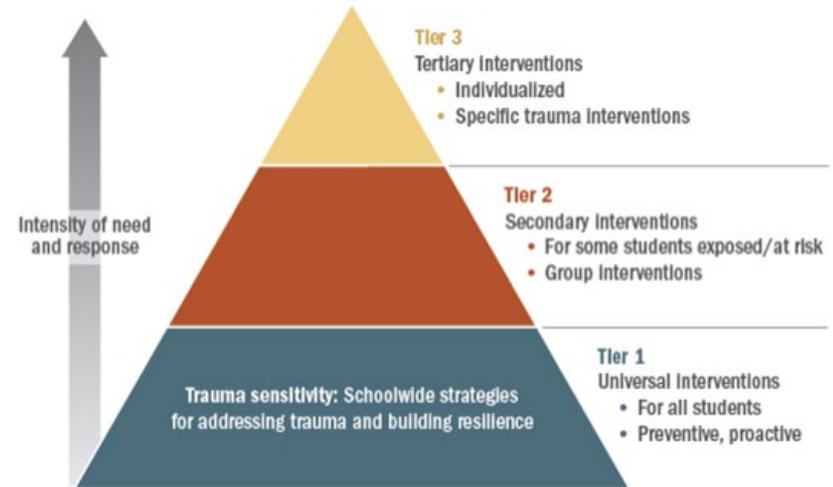
- ▶ Always situate treatment within broader context – any treatment will be most effective when:
 - ▶ Broader context is healthy
 - ▶ Everyone is communicating
- ▶ Treatment is not a one-time effort
- ▶ Treatment is not a catch-call fix-it
- ▶ Be aware of big wide world (dates, crises, events, broader stressors)

Show up

Make yourself useful

Work yourself out of a job

Multi-tiered Approach to Addressing Trauma In Schools



(American Institutes for Research, 2018)



Chair Yoga #2

Neutralizing Breath

<https://www.ksdetasn.org/smhi/mindfulness-school-based-yoga-tools>



TF-CBT Applications for the Classroom

Father's Day is coming up and your art class is making art projects for their fathers. You notice that a child who is usually engaged is quite withdrawn and frequently asking for breaks. You later learn from the homeroom teacher that the child's father is in prison.

How might you

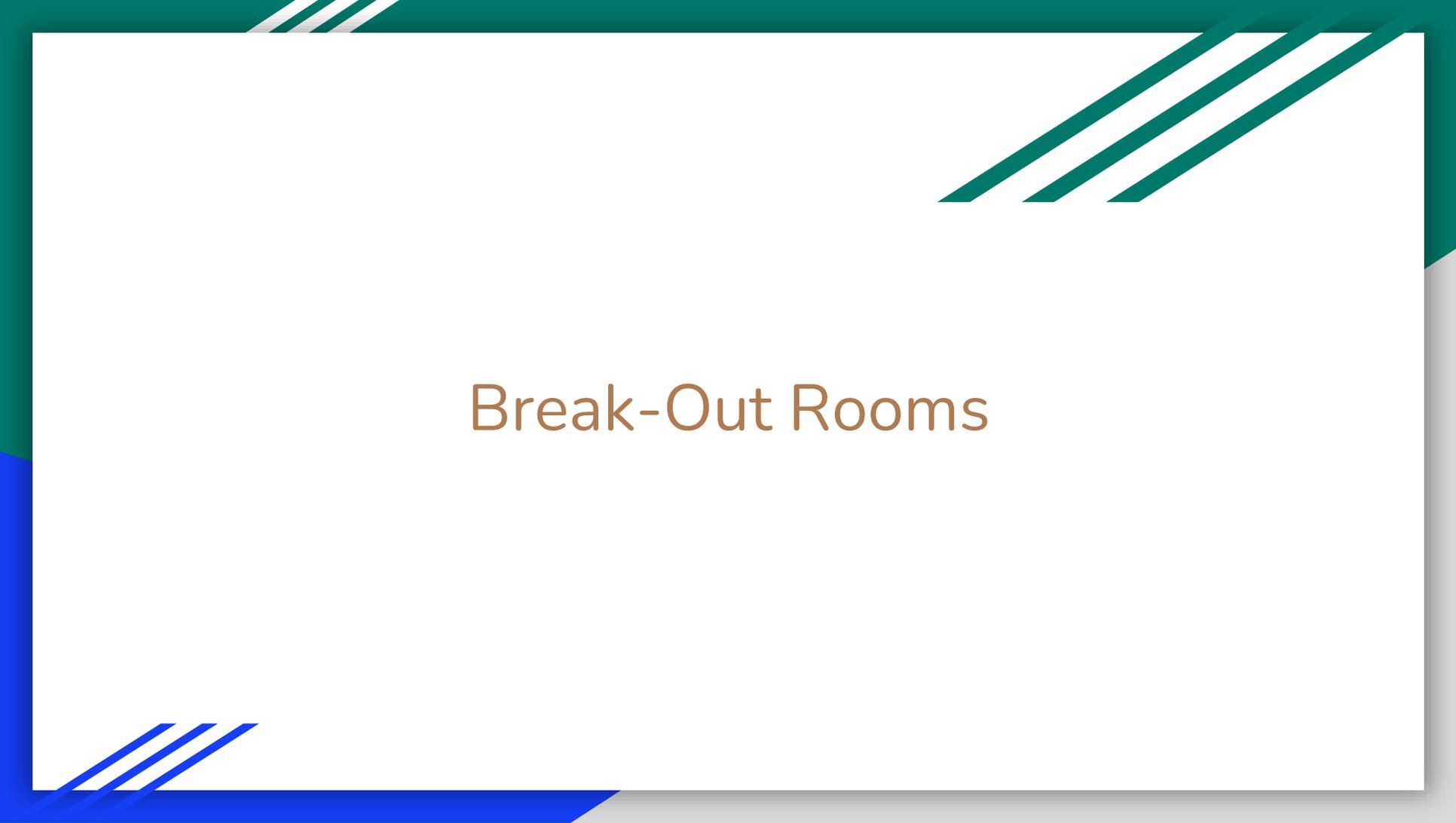
- Reduce loss reminders
- Help the child cope with loss reminders



You work at a school that a 15-year-old whose house was ruined by an electrical fire attends. Their younger sibling suffered multiple burn wounds and is undergoing painful medical procedures.

You know them well and know they are receiving TF-CBT. You ask them how they are doing during lunch. They tear up and tell you that it's "their fault."





Break-Out Rooms

Q & A



Chair Yoga #3

Kind Wishes

<https://www.ksdetasn.org/smhi/mindfulness-school-based-yoga-tools>



Word Cloud

1-2 word kind wish or affirmation

- Click the link in the chat
- You can skip entering your name
- Enter multiple words together or with a dash (“Wordcloud” or “word-cloud”)

Thanks for joining!

- **Resources:** recording and follow up materials will be sent via email.
- **Certificates of attendance:** will be sent this week after they are processed.
- **Email:** telehealthROCKS@kumc.edu

Telehealth ROCKS

Rural Outreach for the Children of Kansas