

PORTLAND
DEFENDING
CHILDHOOD
PROTECT HEAL THRIVE



**Utilizing TF-CBT to Treat Traumatic Grief
Due to Domestic Violence:
A Case Study**

CONFLICT OF INTEREST DECLARATION

There are no relationships with sources of commercial support, e.g., pharmaceutical companies and/or corporations whose products or services are related to pertinent therapeutic areas.

Goals and Objectives

Goal: To gain an understanding of the impact of domestic violence on a child's grief process and to learn strategies for working with children experiencing traumatic grief when domestic violence is involved.

- Objectives
 - Participants will be able to explain how grief is impacted when domestic violence is involved
 - Participants will be able to identify effective intervention strategies used to complement and enhance the use of TF-CBT TG with special cases.

Childhood Traumatic Grief

- When?
- What?
- How?



Grief

Uncomplicated Grief

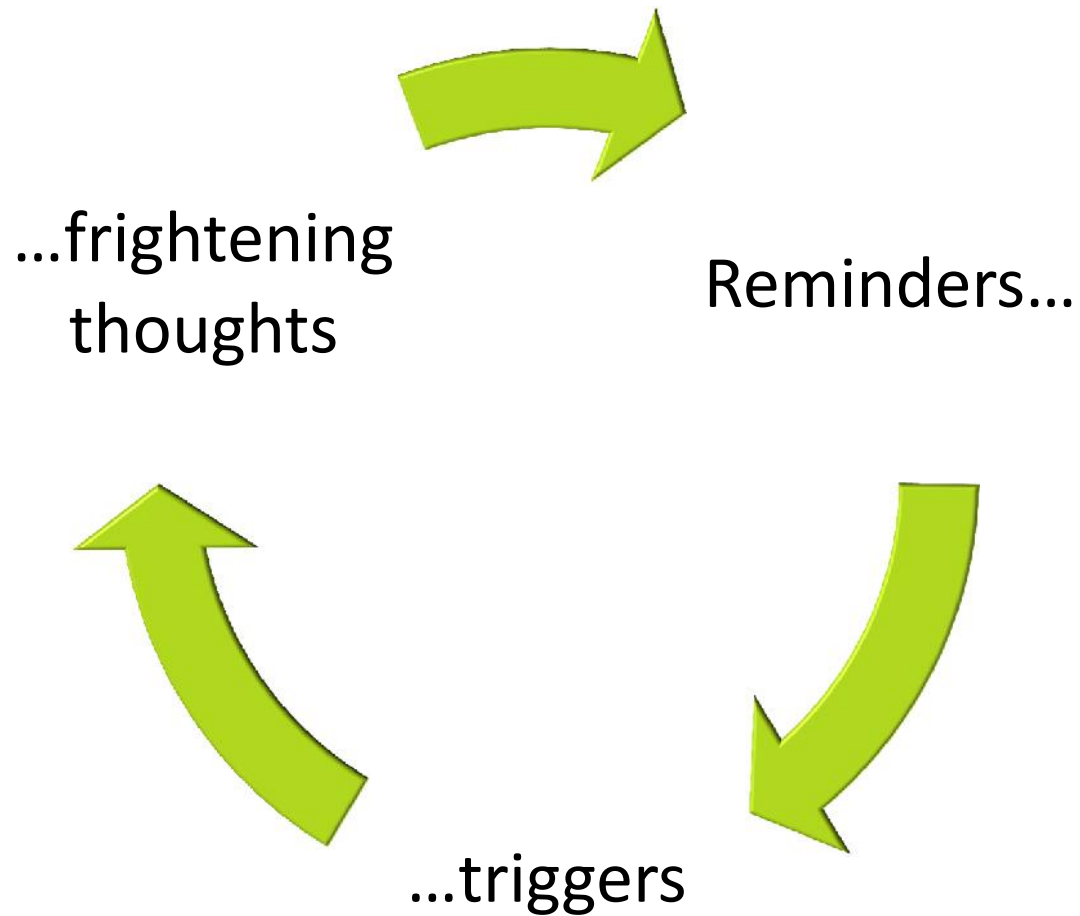
Experiencing
Accepting
Recognizing
Continuing

Complicated Grief

Re-experiencing
Avoiding
Arousal



Grief and Trauma Symptoms



Source:
Childhood Traumatic Grief Educational Materials (2004).
www.NCTSN.net

TF-CBT

(Trauma-Focused Cognitive Behavioral Therapy)

- Evidence-based
- Short term
- Parent/Caregiver Involvement
- Skill Based Components and Gradual Exposure
- Strengthens communication between caregiver and child
- Over 80% of children show improvements with 12-weeks of treatment

Source:

Cohen, J.A., Mannarino, A.P., Deblinger, E. (2006).
Treating Trauma and Traumatic Grief in Children and
Adolescents. New York: The Guilford Press.

Case Study

Confidentiality- de-identified

- 12 year old – Donna, assigned to Allegra
- 15 year old- Amy, assigned to Patti
- Adult sister/guardian – Kristin, assigned to Becca

TF-CBT Components: PRACTICE

- **Psychoeducation/Parenting Skills**
- **Relaxation**
- **Affect Regulation**
- **Cognitive Coping**
- **Trauma Narrative**
- **In-vivo Exposure**
- **Conjoint Sessions**
- **Enhancing Future Safety**

Source:

Cohen, J.A., Mannarino, A.P., Deblinger, E. (2006).
Treating Trauma and Traumatic Grief in Children and
Adolescents. New York: The Guilford Press.

Grief Components

- Grief Psychoeducation
- Grieving the Loss and Resolving Ambivalent Feelings
- Preserving Positive Memories
- Redefining the Relationship & Committing to Present Relationships

Source:

Cohen, J.A., Mannarino, A.P., Deblinger, E. (2006).
Treating Trauma and Traumatic Grief in Children and
Adolescents. New York: The Guilford Press.

Adaptations

- TF-CBT skills learned/practiced as Family
- Caregiver Group
- Grief components

Local Evaluation Data

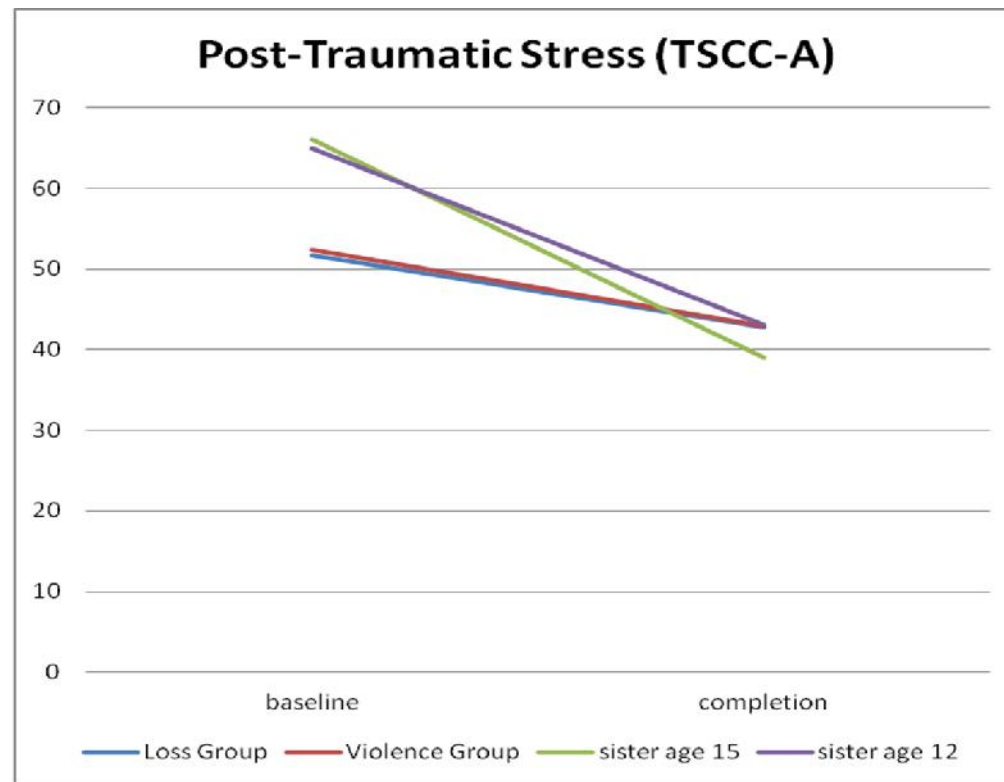
- Eighty-nine of the 99 clients (90%) who completed the general trauma timeline experienced or witnessed more than one type of traumatic event.
 - 10 clients experienced or witnessed one trauma type.
 - 50 experienced between 2 and 4 types of traumatic events.
 - 36 clients experienced between 5 and 8 types of traumatic events.
 - 3 clients experienced between 9 and 14 types of traumatic events.
 - None of the clients experienced more than 14 trauma types.
- The average number of types of traumas per client is 4.

Data Interpretation:

Mean reduction in TSCC-A Scores:

Loss Group (29)= 8.9 Violence Group (53)= 9.54

Mean reduction in sisters' scores: 24.5



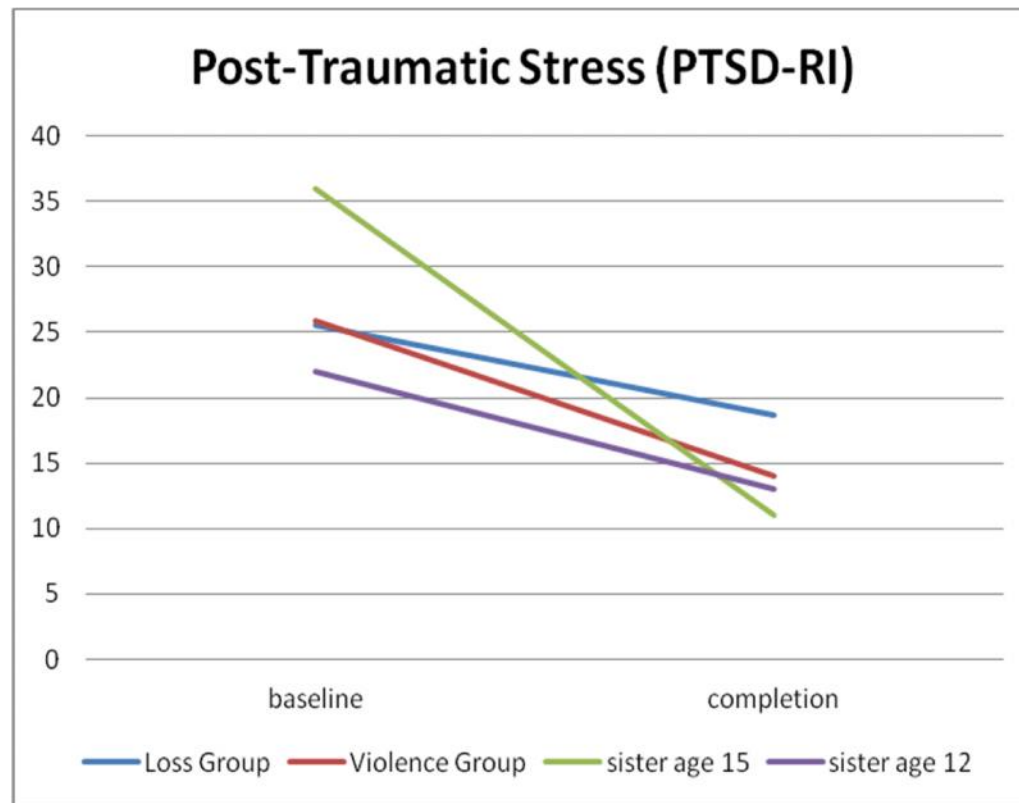
The mean decrease in TSCC-A scores for these sisters was greater than the mean reduction in scores for both the loss and violence groups.

Data Interpretation:

Mean reduction in PTSD-RI Scores:

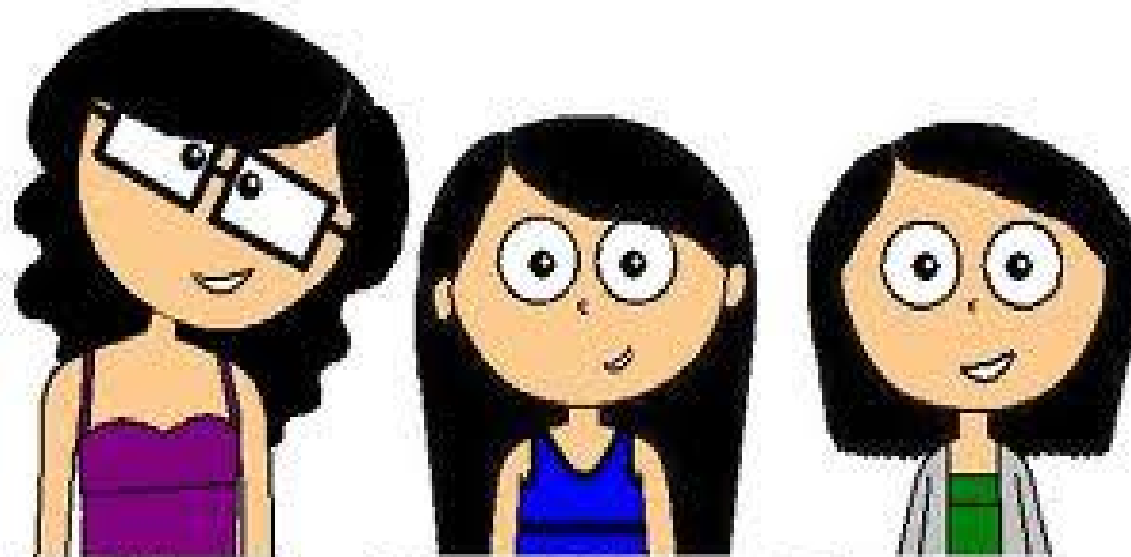
Loss Group (29)= 6.79 Violence Group (53)= 11.87

Mean reduction in sisters' scores: 17



The mean decrease in PTSD-RI scores for these sisters was greater than the mean reduction in scores for both the loss and violence groups.

Family Update



The 3 Sisters

Next Steps/ Recommendations

- Consider using TFCBT TG in cases where traumatic loss is due to domestic violence
- Utilize and or refer to EBT
- DSM V Dx

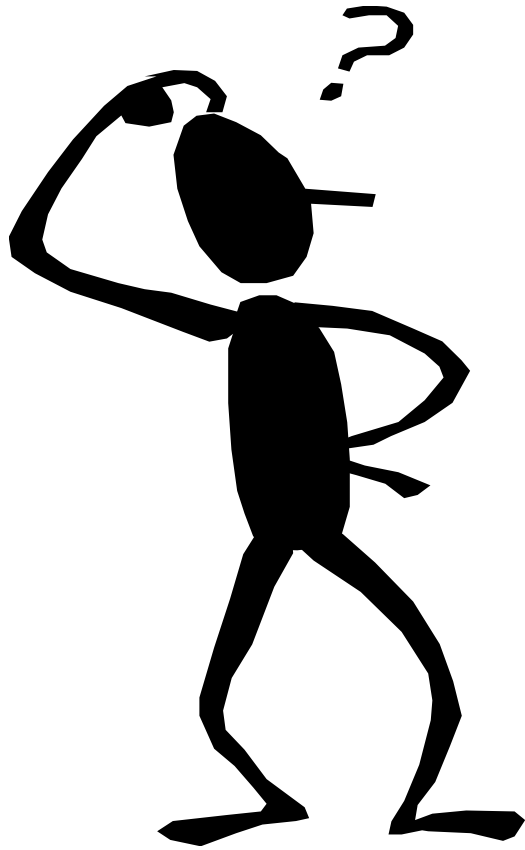
Resources

- National Child Traumatic Stress Network:
www.nctsn.org
- Futures Without Violence:
www.futureswithoutviolence.org
- National Coalition Against Domestic Violence:
www.ncadv.org
- TF-CBT web training:
www.musc.edu/tfcbt
- TG web training:
www.ctg.musc.edu

Acknowledgments

TF-CBT was developed by Anthony Mannarino, PhD, Judy Cohen, MD, and Esther Deblinger, PhD of Allegheny Hospital and The CARES Institute. It has been widely researched and used around the US and the world to treat childhood post-traumatic stress.

Questions...



Contact Us

Allegra Hirsh-Wright, LCSW, RYT

Rebecca Brown, LCSW

The Maine Children's Trauma Response Initiative

Maine Behavioral Healthcare

207-874-1030

ahirsh@mainebehavioralhealthcare.org

brownr11@mainebehavioralhealthcare.org

