

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

W W W . A A C A P . O R G

**Clinical Essentials on Trauma-Focused Cognitive Behavioral Therapy  
in Pediatric Post-Traumatic Stress Disorder**

**Lecture presented by Judith A. Cohen, MD**

**Course Design:** one 60-minute video tailored to the course learning objectives, followed by a 7-question post-test.

**Learning Objectives:** At the conclusion of this continuing medical educational activity, the participant will be able to:

1. List the diagnostic criteria for *DSM-5* PTSD and 3 factors that increase the risk for children developing this disorder.
2. Explain Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) core components summarized by the acronym PRACTICE.
3. Cite the current research that supports the use of TF-CBT in pediatric PTSD.

*Content Outline:*

Part 1: Screening, Assessment, and Diagnosis of PTSD

- Types of Childhood Trauma and Clinical Presentations
- *DSM-5*, Symptoms, and Diagnostic Criteria
- Domains of Trauma Impact

Part 2: Implementing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

- Evidence and Core Principals
- Parental Inclusion and Self-Monitoring / Self-Soothing Skills
- Developing and Processing Narrative
- Child Traumatic Grief Issues
- Resources