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