

Trauma Narrative Disclaimer

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment that integrates trauma sensitive interventions with cognitive behavioral strategies. TF-CBT has been researched in 13 randomized clinical trials and demonstrated superior efficacy in reducing traumatized children's PTSD, depressive and anxiety symptoms, and other emotional and behavioral problems. The model is sequential and builds on the previously learned skills. During treatment, children talk and sometimes write about their experiences (often referred to as the "trauma narrative"), which is based on years of research on the importance of gradual exposure to traumatic memories. The trauma narration process is collaborative and therapeutic and is not forensic in nature. Rather than eliciting forensic details, this process is designed to elicit a child's subjective perceptions and thoughts, feelings, and sensations related to the traumatic experience. Although details related to the event may emerge, the focus of the narration process is not on fact-finding or on clarifying details. Instead, it is intended to help the child face and process the traumatic event(s), address any distorted thoughts, develop adaptive views of themselves, their relationships with others and their future and, ultimately, reduce related distress. Very importantly, the process is focused on supporting the child in making meaning of their trauma experiences. The trauma narrative is often shared with a supportive caregiver to model effective coping and open communication, to provide an opportunity to correct any lingering distortions, and to enhance the caregivers' support for the child. Again, this process is intended to help the child in the context of a confidential therapy relationship and is not forensic in nature.