

Workshop No 6

Trauma-Focused CBT for Child Sexual Abuse (CSA)

Context

Child Sexual Abuse results in adverse physical, behavioural and mental health consequences, which often continue till adulthood. CSA related psychological trauma and resulting psychopathology is multidimensional. However, in absence of visible physical signs, the traumatic impact of CSA remains often hidden and is misunderstood as absence of trauma. Delayed disclosure, lack of trust when disclosure happens, family relationship dynamics, and limitation in expression of the trauma verbally by younger children complicate the trauma symptom manifestation. The trauma can remain in disguise till overt symptoms of any psychopathology or significant deterioration of functioning in the child are noticed by family members. Multiple factors associated with the incidence of abuse as well as child's family and socio-cultural background can determine the nature and extent of trauma. Therefore, assessment and intervention of trauma and psychopathology plays a key role in the treatment and recovery of child.

Objectives

The key objectives of the workshop are to:

- Define the make up of Child Traumatic Stress
- Describe various aspects of CSA in India
- List out the multidimensional impact of CSA on children and adolescents
- Explain TFCBT principles and components in case of CSA
- Discuss the commonly practiced assessment tools in clinical set up: its relevance in CSA TFCBT case formulation
- Illustrate case reports of real cases and hands on experiences with mediums
- Demonstrate grounding exercise
- Outline the Indian adaptation of TFCBT : Challenges and replicability

Methodology

Content delivery will be done through PPTs, Worksheets, Case sheets, Use of various mediums, Tool administration, grounding exercise, etc. The approach of the workshop is participatory. Relevant resource materials would be provided.

Target Participants

Psychologists working with children in a clinical set up, Counsellors working in various government and non-government child care institutes, , School counsellors, Researchers interested in CSA trauma and Students of Psychology/Social Work completed their Post-Graduation and plan to work in this field

Suggested Pre-readings

Cohen, J. A., Mannarino, A. P., & Knudsen, K. (2005). Treating sexually abused children: One year follow-up of a randomized controlled trial. *Child Abuse & Neglect*, 29, 135-145.

Deblinger, E., Steer, R. A., & Lippmann, J. (1999). Two-year follow-up study of cognitive behavioral therapy for sexually abused children suffering post-traumatic stress symptoms. *Child Abuse & Neglect*, 23, 1371-1378.

Deblinger, E., Stauffer, L. B., & Steer, R. A. (2001). Comparative efficacies of supportive and cognitive behavioral group therapies for young children who have been sexually abused and their nonoffending mothers. *Child Maltreatment*, 6, 332-343.

King, et.al. (1996). Individual cognitive behavioral treatment and family therapy for physically abused children and their offending parents: A comparison of clinical outcomes. *Child Maltreatment*, 1, 322-342.

Saunders, B.E., Berliner, L., & Hanson, R.F. (Eds.). (2004). *Child Physical and Sexual Abuse: Guidelines for Treatment (Revised Report: April 26, 2004)*. Charleston, SC: National Crime Victims Research and Treatment Center. (<http://www.musc.edu/nvc>).

Workshop Resource Person

Dr. Sujata Satapathy is an Associate Prof., Clin. Psy., Dept. of Psychiatry, AIIMS, New Delhi. She is the General Secretary of Indian Association for Cognitive Behaviour Therapy (IACBT). She has over 18 years of experience in the area of trauma assessment and intervention for children and adults. She predominantly works in the area of Traumatic life incidents and various mental illnesses; Development of Psycho-Behavioural-Cognitive interventions for children with ADHD, CSA, Cancer; and Suicide. In addition, self and professional development in workplace and marital therapy workshops for health professional are also few of her key expertise areas. She is a recipient of many national and international honours and fellowships including World Bank Washington DC Professional Fellowship for UK.

