

Reducing Psychological Harm from Traumatic Events Among Children and Adolescents: Individual Cognitive-Behavioral Therapy

Task Force Finding

Intervention Definition

Trauma-focused, individual cognitive-behavioral therapy (CBT) was developed to alleviate symptoms of PTSD, depression, and anxiety symptoms, as well as to address fundamental distortions of perception regarding self-blame, safety, and the trustworthiness of others.

Task Force Finding (June 2006)*

On the basis of strong evidence of effectiveness, the Task Force recommends the use of individual CBT to reduce psychological harm in symptomatic children and adolescents exposed to trauma. In the systematic review on which this conclusion is based, individual CBT was offered to traumatized children and adolescents of varying ages, geographic locations, and subject to diverse traumatic exposures; the Task Force was unable to assess the relative effectiveness of individual CBT across these dimensions.

*From the following publication:

Task Force on Community Preventive Services. Recommendations to reduce psychological harm from traumatic events among children and adolescents. *Am J Prev Med* 2008;35(3):314-6.

Publications

Wethington HR, Hahn RA, Fuqua-Whitley DS, Sipe TA, Crosby AE, et al. The effectiveness of interventions to reduce psychological harm from traumatic events among children and adolescents: a systematic review. *Am J Prev Med* 2008;35(3):287-313.

Task Force on Community Preventive Services. Recommendations to reduce psychological harm from traumatic events among children and adolescents. *Am J Prev Med* 2008;35(3):314-6.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

Document last updated October 18, 2010