

## Trauma Focused Cognitive Behavioral Therapy Clinical Guidelines

MVP Health Care, as part of its continuing Quality Improvement Program, adopted Trauma-Focused Cognitive Behavioral Therapy: A Primer for Child Welfare Professionals. The full guide is available at: <https://www.childwelfare.gov/pubPDFs/trauma.pdf>

### **Impact of The Condition**

The Adverse Childhood Experiences (ACEs) research has documented that trauma in childhood can lead to significant psychological difficulties, including substance use, depression, is also connected to the development of risk factors for the leading causes of death in adults. <sup>1</sup>

Trauma-focused cognitive behavioral therapy (TF-CBT) is an evidence-based treatment approach for the treatment of children and adolescents who have experienced significant trauma. TF-CBT is a parallel child and primary caregiver structured treatment model that is designed to be short term.

TF-CBT teaches children and parents new skills to process thoughts and feelings resulting from traumatic events.

Children participating in TF- CBT show an improvement in PTSD symptoms, depression, anxiety, and behavior problems.

### **Summary of the Guidelines**

The aim of treatment is to provide the parents and children with the skills to better manage and resolve distressing thoughts, emotions, and reactions related to traumatic life events; improve the safety, comfort, trust, and growth in the child; and enhance family communication. The primer outlines the treatment approach as well as indications for the use of this type of therapy. The acronym PRACTICE is used to outline each part of the treatment.

**P** (Psychoeducation and Parenting skills)

**R** (Relaxation techniques)

**A** (Affective expression and regulation)

**C** (Cognitive coping and processing)

**T** (Trauma narration and processing)

**I** (In vivo exposure)

**C** (Conjoint parent and child sessions)

**E** (Enhancing personal safety and future growth)

Additional tools to assist providers with educating their patients on behavioral health conditions are included in the Provider Quality Improvement Manual under Behavioral Health.

[Quality Programs and Initiatives | MVP Health Care](#)

For providers in New York State who care for children and adolescents with mild-to-moderate behavioral health needs, an additional resource, Project TEACH, is available. Project TEACH is funded by the New York State Office of Mental Health and aims to strengthen and support the ability of New York’s pediatric primary care providers to deliver care to children and their families experiencing mild-to-moderate mental health concerns including anxiety, depression, and ADHD, in children, adolescents, and young adults up to age 22. Project TEACH offers providers consultations, referrals, and training at no cost. Project TEACH may be accessed at <https://projectteachny.org/>.

**[Read about Project TEACH](#)**

In Conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan’s formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 2247**.

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<sup>i</sup> <https://www.ajpmonline.org/action/showPdf?pii=S0749-3797%2898%2900017-8>