

Psychotherapies for Child and Adolescents Affected by Trauma or Violence

Alternatives for Families-Cognitive Behavioral Therapy (AF-CBT) is effective for children 7-14 years old and their physically abusive parents to prevent or address problems related to abusive parenting.

Child-Parent Psychotherapy (CPP) is effective for children 0-6 years old who have PTSD, behavior problems or other difficulties related to intimate partner violence or traumatic grief.

Cognitive Behavioral Interventions for Trauma in Schools (CBITS) is a school-based group intervention that is effective for children 8-14 years old who have experienced community violence or disasters.

Parent-Child Interaction Therapy (PCIT) is effective for children 2-8 years old who have behavior problems following physical abuse and their abusive parents.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is effective for children 3-17 years old with PTSD, depression, anxiety, behavior problems or other difficulties related to sexual abuse, intimate partner violence, multiple traumas, traumatic grief or disasters.

PDF descriptions of all of these are available at:

http://www.nctsnet.org/nccts/nav.do?pid=ctr_top_trmnt_prom#q4