

Description of Group Program

The Trauma Symptom Treatment Groups are being run across Eastern Health CAMHS for children who have experienced trauma. These groups will target the symptoms of sleep disturbance, hyperarousal, avoidant behaviour, and flashbacks/repetitive behaviour often seen in children who have been exposed to a traumatic event or series of events. A diagnosis of PTSD is not necessary, the clinician need only be convinced that symptoms have been precipitated by trauma of any sort.

Children eligible will be between 8 and 16 years of age, and deemed suitable by their clinician for group therapy. Children will be allocated to groups based on age. Therefore as a rough guide, primary school aged children will be in a separate group from secondary school aged children. There will be no more than 8 group members.

The groups run for around 90 minutes, and are based on cognitive-behavioural techniques where children will be given psycho-educational material, coping strategies and taught specific techniques. The groups run for 3 weeks only.

Results of the group data (qualitative and quantitative) will be used as part of a Doctoral Degree being undertaken at Deakin University by Megan Dobbie. No data will be identifiable.

Any additional information can be obtained from <http://traumaresearch.tripod.com> or alternately contacting either Sue Quartermain or Megan Dobbie at Chandler House Child and Adolescent Mental Health Service on 9753 6344.