

Classification and Treatment of Post-traumatic Stress Symptomatology in Children and Adolescents



**Joint Research being
undertaken by Eastern Health
CAMHS and Deakin
University**

**Researcher: Megan Dobbie
Dr. David Mellor
Sue Quartermain**



Aims of the Research

- To develop and implement an efficacious treatment for child and adolescent trauma victims using a group therapy approach
- Using Terr's conceptualisation of trauma, determine if different trauma "types" can be differentiated between by symptom presentation
- Investigate whether there is a different pattern of response to treatment dependant on trauma "type"
- Manualise the treatment so that it can remain available to Eastern Health clinicians as an adjunct to individual therapy approaches



Treatment Modules

- 4 Treatment modules are:
 - Sleep problems
 - Hyperarousal
 - Flashbacks/Repetitive Behaviour
 - Avoidance
- Each module consists of 3 sessions:
 - Session 1 – psycho-educational information
 - Session 2 – cognitive-behavioural treatment
 - Session 3 – Review and Feedback session



Participants

- Children presenting to CAMHS for treatment after exposure to a traumatic event or suffering ongoing trauma
- Aged between 8 years and 16 years
- Receiving individual treatment and case management by Eastern Health Clinician
- Experiencing one or more of the symptoms being focused on by the research
- Deemed suitable for group therapy by treating clinician



Treatment Groups

- Randomly allocated to treatment groups (8-12years, and 13-16 years)
- Ideally, children in groups will have experienced the same “type” of trauma (Type1, Type2, or X-over)
- No less than 3 members, no more than 8 members in “closed groups”
- Groups will be run on any campus of Eastern Health CAMHS most suitable for participants
- 2 facilitators for each group



Current Status of Research

- A comprehensive literature review has been prepared in the area
- Ethics approval has been granted by Eastern Health & Deakin University
- Development of the treatment manual is currently being undertaken
- Pilot group being formed

Contacts and More Information

- Updates on the research will be available on the website for the research
 - [http:// traumaresearch.tripod.com](http://traumaresearch.tripod.com)
- Newsletter for clinicians
- Contact researchers: via feedback page on website or email:
 - megandob@deakin.edu.au
 - mellor@deakin.edu.au
 - sue.quartermain@maroondah.org.au