



# Treating Trauma and Traumatic Grief in Children and Adolescents

*Judith A. Cohen, Anthony P. Mannarino, Esther Deblinger*

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This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program.

See also the edited volume *Trauma-Focused CBT for Children and Adolescents: Treatment Applications* for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

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