

Posttraumatic Stress Disorder in Youth

A. Stephen Lenz, Ph.D., LPC, Texas A&M University-Corpus Christi

Samantha Klassen, MS, LPC-Intern, Texas A&M University-Corpus Christi

DESCRIPTION OF POSTTRAUMATIC STRESS DISORDER

Posttraumatic stress disorder (PTSD) is defined in the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychological Association [APA], 2013)* as a disorder that can occur following exposure to actual or threatened death, serious injury, or sexual violence (Criterion A) that is characterized by the presence of intrusion symptoms related to the traumatic event (Criterion B). In youth, these intrusion symptoms often manifest as repetitive play, frightening dreams without recognizable content, and trauma-specific re-enactment during play. Youth who have PTSD may also experience persistent avoidance of stimuli associated with the trauma (Criterion C), negative alterations in cognitions and moods (Criterion D), and hyperarousal and reactivity, often with little or

Trauma-Informed Interventions: Clinical and Research Evidence and Culture-Specific Information Project: http://www.nctsn.org/sites/default/files/assets/pdfs/CCG_Book.pdf

International Association for Play Therapy: <http://www.a4pt.org/>

Trauma-Focused Cognitive Behavior Therapy: Educational development, resource for clinicians, and review of research findings: <http://tfcbt.musc.edu/>

Trauma Systems Therapy: http://www.nctsn.org/sites/default/files/assets/pdfs/tst_general.pdf

Child Parent Psychotherapy: http://www.nctsn.org/sites/default/files/assets/pdfs/cpp_general.pdf

REFERENCES

- American Academy of Child and Adolescent Psychiatry. (n.d.). *The Child PTSD Symptom Scale (CPSS)*. Retrieved from https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/misc/child_ptsd_symptom_scale.pdf
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, D.C.: American Psychiatric Association.
- Cohen, J. A., Mannarino, A. P., & Deblinger, E. (2006). *Treating trauma and traumatic grief in children and adolescents*. New York, NY: The Guilford Press.
- Kessler, R. C., Avenevoli, S., Costello, E. J., Georgiades, K., Green, J. G., ... & Merikangas, K. R. (2012). Prevalence, persistence, and sociodemographic correlates of DSM-IV disorders in the National Comorbidity Survey Replication Adolescent Supplement. *Archives of General Psychiatry*, 69, 372-380. doi:10.1001/archgenpsychiatry.2011.160
- Lieberman, A. F., & Van Horn, P. (2008). *Psychotherapy with infants and young children: Repairing the effects of stress and trauma on early attachment*. New York, NY: Guilford.
- Lenz, A. S., & Hollenbaugh, M. H. (2015). Meta-analysis of trauma-focused cognitive behavioral therapy for treating PTSD and co-occurring depression among children and adolescents. *Counseling Outcome Research and Evaluation*, 5(1), 18-32. doi:10.1177/2150137815573790
- Nader, K., Kriegler, J. A., Blake, D. D., Pynoos, R. S., Newman, E., & Weathers, F. W. (1996). *Clinician-Administered PTSD scale, child and adolescent version*. White River Junction, VT: National Center for PTSD.
- Pynoos, R. S., Weathers, F. W., Steinberg, A. M., Marx, B. P., Layne, C. M., Kaloupek, D. G., Schnurr, P. P., Keane, T. M., Blake, D. D., Newman, E., Nader, K. O., & Kriegler, J. A. (2015). *Clinician-Administered PTSD Scale for DSM-5 - Child/Adolescent Version*. Retrieved from <http://www.ptsd.va.gov/professional/assessment/child/caps-ca.asp>
- Saxe, G. N., Ellis, B. H., & Kaplow, J. B. (2007). *Collaborative treatment of traumatized children and teens: A trauma-systems therapy approach*. New York, NY: Guilford.
- Scheeringa, M. S. (2011). PTSD in children younger than the age of 13: Toward developmentally sensitive assessment and management. *Journal of Child and Adolescent Trauma*, 4, 131-197. doi:10.1080/19361521.2011.597079
- The National Center for PTSD. (2011). An interview for children: Traumatic Events Screening Inventory (TESI-C). Retrieved from <http://www.ptsd.va.gov/professional/pages/assessments/assessment-pdf/TESI-C.pdf>