

Youth PTSD Treatment (PPT)

by Michael S. Scheeringa

YPT is a cognitive behavioral therapy protocol for 7-17-year-old children and adolescents with posttraumatic stress disorder.

Age group: 7-17 years of age, and may also be appropriate for young adults.

Length: 12 sessions, 108 steps

2 Handouts

24 Worksheets

10 Homework sheets

Overview

The protocol includes steps for education on the interplay between cognitions (thoughts) and behaviors and emotions, learning relaxation skills, cognitive restructuring, behavior replacement, office-based exposures, and in vivo exposures between sessions.

Contents

108 total steps, including 62 core tasks.

CT = core task

SESSION 1: PSYCHOEDUCATION

Step 1.1 Introduction and Overview

Step 1.2 CT Describe Posttraumatic Stress Disorder to Parent

Step 1.3 CT Describe PTSD Symptoms to Child

Step 1.4 CT Introduce Roadway Book

Step 1.5 Preview next week

Step. 1.6 CT For Parent: Resistance/Reluctance

SESSION 2: Oppositional Defiance

Step 2.1 Review

Step 2.2 CT Define oppositional and defiant behavior

Step 2.3 CT Negotiate an agreement about the cause

Step 2.4 List defiant behaviors

Step 2.5 CT Create discipline plan

Step 2.6 Grief

Step 2.7 Prepare for Next Session

Step 2.8 CT Resistance/Reluctance

Step 2.9 Homework

SESSION 3 Identify Feelings

Step 3.1 CT Briefly review last session

Step 3.2 CT Test ability to identify Big 4 emotions

- Step 3.3 CT Gradations of feelings
- Step 3.4 CT Body feelings
- Step 3.5 CT Internal dialogue and cognitive triad
- Step 3.6 Roadway Book
- Step 3.7 Review
- Step 3.8 Resistance/Reluctance
- Step 3.9 Homework
- Step 3.10 Preview next week.

SESSION 4 Relaxation and Distraction Exercises

- Step 4.1 CT Briefly review last session
- Step 4.2 Method 1: Muscles
- Step 4.3 CT Method 2: Breathing
- Step 4.4 CT Method 3: Happy place imagery
- Step 4.5 CT Practice SUDS
- Step 4.6 CT Practice Thought – SUDS - Relaxation
- Step 4.7 Review Session with Parent
- Step 4.8 Review Discipline Homework
- Step 4.9 Resistance/Reluctance
- Step 4.10 Homework. Test drive the rating and exercises
- Step 4.11 Parent Alone: Preview Next Week
- Step 4.12 Parent Alone: Possible Boundary Issues

SESSION 5 Tell the Story

- Step 5.1 CT Briefly review homework
- Step 5.2 Rehearse the Relaxation Exercises
- Step 5.3 CT Tell the Trauma Story
- Step 5.5 CT Stimulus hierarchy
- Step 5.6 CT Homework
- Step 5.7 Preview next week
- Step 5.8 Parent Alone
- Step 5.9 Possible Boundary Issues
- Step 5.10 Resistance/Reluctance
- Step 5.11 Child and Parent Together

SESSION 6 Easy exposure

- Step 6.1 CT Briefly review homework
- Step 6.2 CT Easy exposure
- Step 6.3 CT Use distraction / relaxation methods
- Step 6.4 Imaginal exposure
- Step 6.5 CT Inaccurate thoughts
- Step 6.6 Explore the inaccurate thought
- Step 6.7 Cognitive restructuring
- Step 6.8 CT Safety Planning
- Step 6.9 CT Plan homework
- Step 6.10 Preview next week

SESSION 7 Medium Exposure

- Step 7.1 CT Briefly review homework
- Step 7.2 CT Medium exposure
- Step 7.3 CT Use distraction / relaxation methods
- Step 7.4 Imaginal exposure
- Step 7.5 Inaccurate thoughts
- Step 7.6 Explore the inaccurate thought
- Step 7.7 CT Cognitive restructuring
- Step 7.8 CT Safety Planning
- Step 7.9 CT Plan homework
- Step 7.10 Preview next week

SESSION 8

- Step 8.1 CT Briefly review homework
- Step 8.2 CT Medium exposure
- Step 8.3 CT Use distraction / relaxation methods
- Step 8.4 Imaginal exposure
- Step 8.5 Inaccurate thoughts
- Step 8.6 CT Cognitive restructuring
- Step 8.7 CT Safety Planning
- Step 8.8 CT Plan homework
- Step 8.9 Plan Safety Plan homework
- Step 8.10 Preview next week

SESSION 9

- Step 9.1 CT Briefly review homework
- Step 9.2 CT Worst Moment exposure/Imaginal exposure
- Step 9.3 CT Use distraction / relaxation methods
- Step 9.4 Imaginal exposure
- Step 9.5 CT Cognitive restructuring
- Step 9.6 CT Safety Planning
- Step 9.7 CT Plan homework
- Step 9.8 Safety Planning homework
- Step 9.9 Preview next week

SESSION 10

- Step 10.1 CT Briefly review homework
- Step 10.2 CT Worst Moment exposure
- Step 10.3 CT Use distraction / relaxation methods
- Step 10.4 Imaginal exposure
- Step 10.5 CT Cognitive restructuring
- Step 10.6 CT Review of the Roadway Book
- Step 10.7 CT Plan homework
- Step 10.8 Preview next week

SESSION 11 Relapse prevention

- Step 11.1 CT Briefly review homework
- Step 11.2 Learn about relapse prevention
- Step 11.3 CT Possible reminder in the near future

- Step 11.4 CT Check a SUDS
- Step 11.5 CT Discuss possible responses to future reminder events
- Step 11.6 CT Possible reminder in the distant future
- Step 11.7 CT Review of the Roadway Book
- Step 11.8 Preview next week
- Step 11.9 CT Plan homework
- Step 11.10 Preview next week

SESSION 12

- Step 12.1 CT Briefly review homework
- Step 12.2 CT The Roadway Book
- Step 12.3 CT Present graduation diploma

How to cite

Scheeringa MS (2009). *Youth PTSD Treatment (YPT)* [treatment manual].