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Trauma Focused Crises Treatment for Raped Girls 13 – 17 years

Clinic

The Stockholm County outpatient clinic specialized on child sexual abuse (BUP Vasa) and Stockholm South Hospital's Youth Unit

Research centre

University of Uppsala, Faculty of Medicine, National Center for Disaster Psychiatry

Doctoral supervisors: prof. Tom Lundin, Uppsala and prof. Carl Göran Svedin, Linköping

Finance support

The Swedish Children's Welfare Foundation



Background

SWEDEN

- 9.2 million inhabitants
- 14.300 sex crimes reported during 2008.
- 5.400 attempted rapes or rapes (2% men)
- 2.420 raped children below 18 (7% boys)
- 1.420 raped children below 15 (10% boys)

STOCKHOLM COUNTY

- 2 million inhabitants
- 3.770 sex crimes reported during 2008
- 1.375 attempted rapes or rapes
- 450 raped children below 18.



Aims

- **Determine if early interventions increase resilience and capacity to recover in 13-17 year old girls exposed to rape.**
- **Determine if Trauma Focused Crisis Group Treatment is more effective than regular clinical practice.**



Study design

- Study 1: prospective experimental study of a structured group therapy treatment model
- Study 2: survey of girls aged 13 – 17 exposed to rape showing up at Stockholm South Hospital during a two-years period
- Study 3: interview study with a representative number of girls initially declining help and "drop outs"
- Study 4: follow up study focusing on how the girls and their parents comprehend and integrate the offered treatment



Instruments

Youth

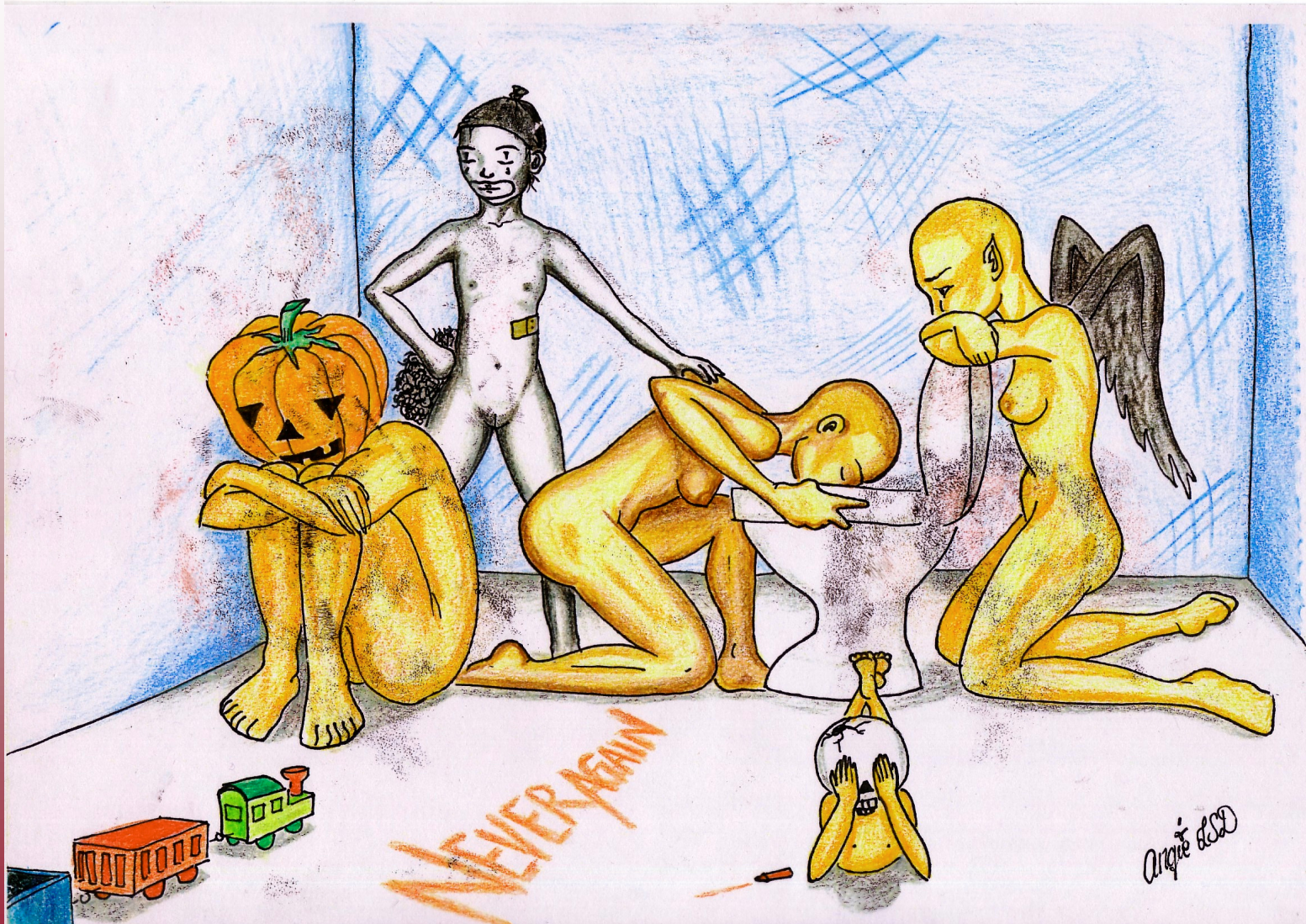
- The Acute Stress Checklist for Children (ASC-Kids)
- Trauma Symptom Checklist for Children (TSCC)
- Life Incidence of Traumatic Events (LITE)
- UCLA PTSD
- Youth Self Report (YSR)

Parent

- Child behavior checklist (CBCL)
- Parents Attributions form (PAS)



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Group intervention/treatment

- **3 pre-group assessments**
- **7 group meetings, once a week for 1h 45min**
- **3 – 8 group members, closed groups**
- **2 therapists**
- **2 parent meetings, 90 min**
- **New assessments following treatment.**
Transferral if necessary



Trauma Focused Treatment

- **Focus on here and now**
- **Psycho-education**
- **Support and safety work. Strengthen own ability to cope**
- **Share with others, but also focus on oneself**
- **Relaxation and body exercises**
- **Social support (i.e. parent information)**



Preliminary findings

- 60 girls
- 40 ACS-Kids forms
- Three groups
- High degree of presence
- Talking about the humiliation
- Bodily reaction
- Trends



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