

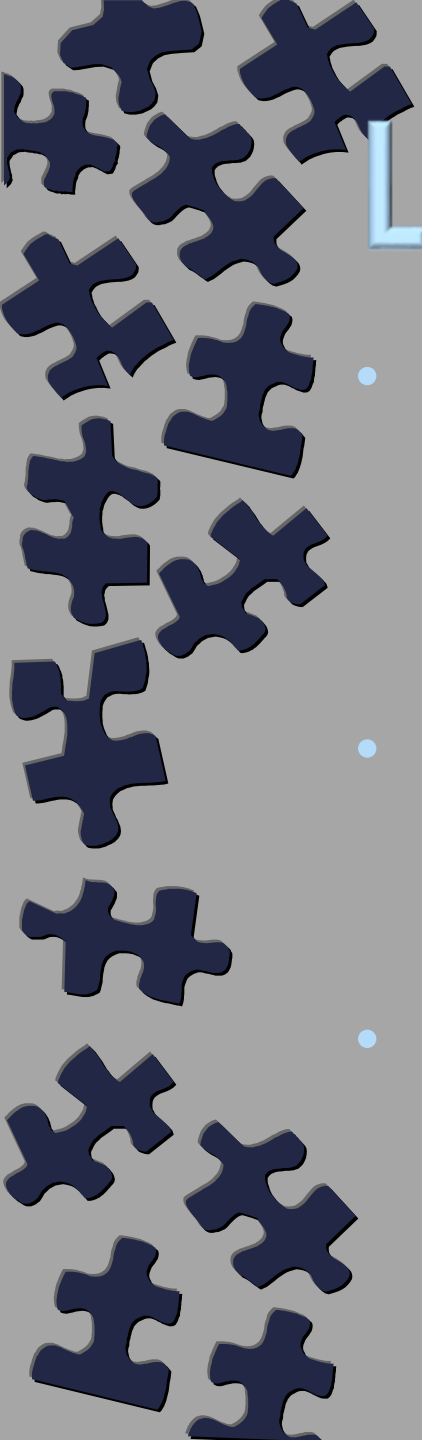


Implementing TF-CBT with Behavioral Supports while treating those with Autism Spectrum Disorder

Completing the puzzle of trauma treatment

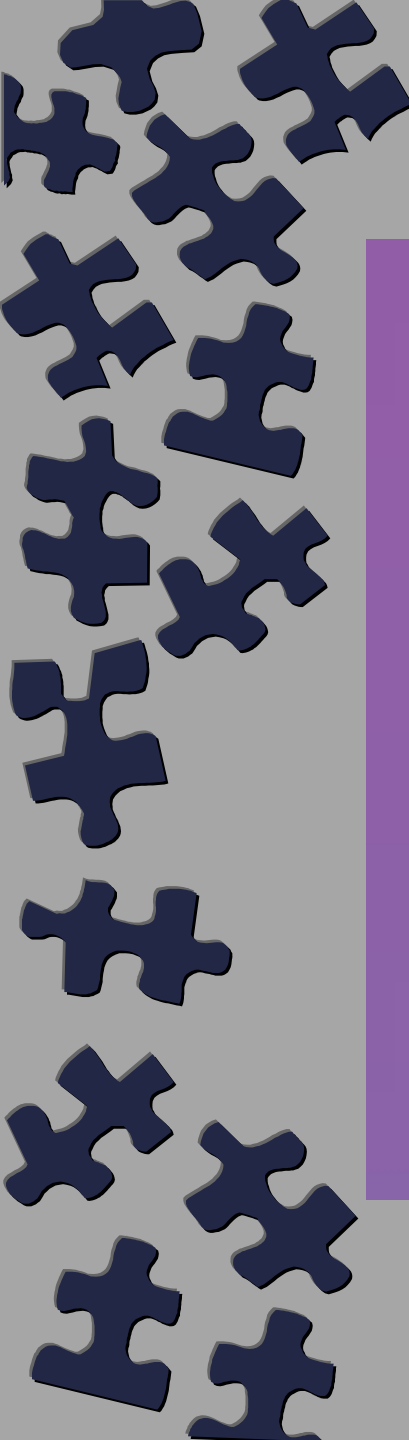
Sabrina Demsky-Cameron, DSW, LCSW
Monica Carras, MS, BCBA, LBA

December 12, 2024



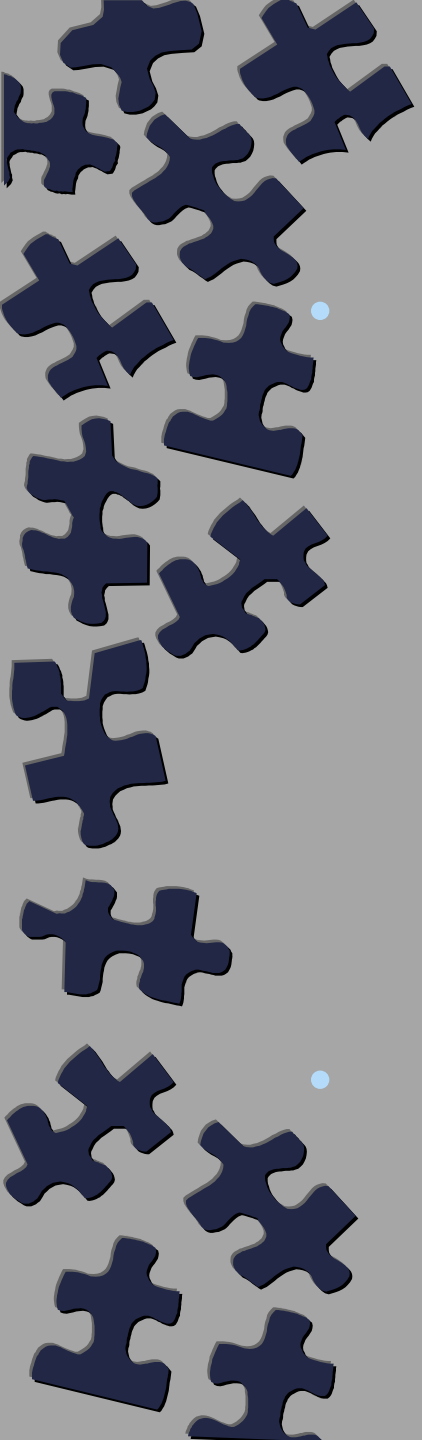
Learning Objectives

- Even the Playing Field
 - ASD Overview
 - Trauma Overview
- Summary of Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Enhancement of TF-CBT using Applied Behavior Analysis (ABA) and Occupational Therapy (OT); a multidisciplinary approach



POP-UP POLL

TIME FOR YOU



Autism Spectrum Disorder

- 1 in 36 children are diagnosed with Autism
 - boys are 4 times more likely than girls to be diagnosed.
 - More than 35% of the children identified as having ASD for whom IQ scores were available also had an intellectual disability.
- 5,437,988 (2.21%)
 - Americans Diagnosed with Autism (12/10/2024)

The Three Functional Levels of Autism

ASD Level 1 Requiring Support



difficulty initiating social interactions

organization and planning problems can hamper independence

verywell

ASD Level 2 Requiring Substantial Support



social interactions limited to narrow special interests

frequent restricted/repetitive behaviors

ASD Level 3 Requiring Very Substantial Support



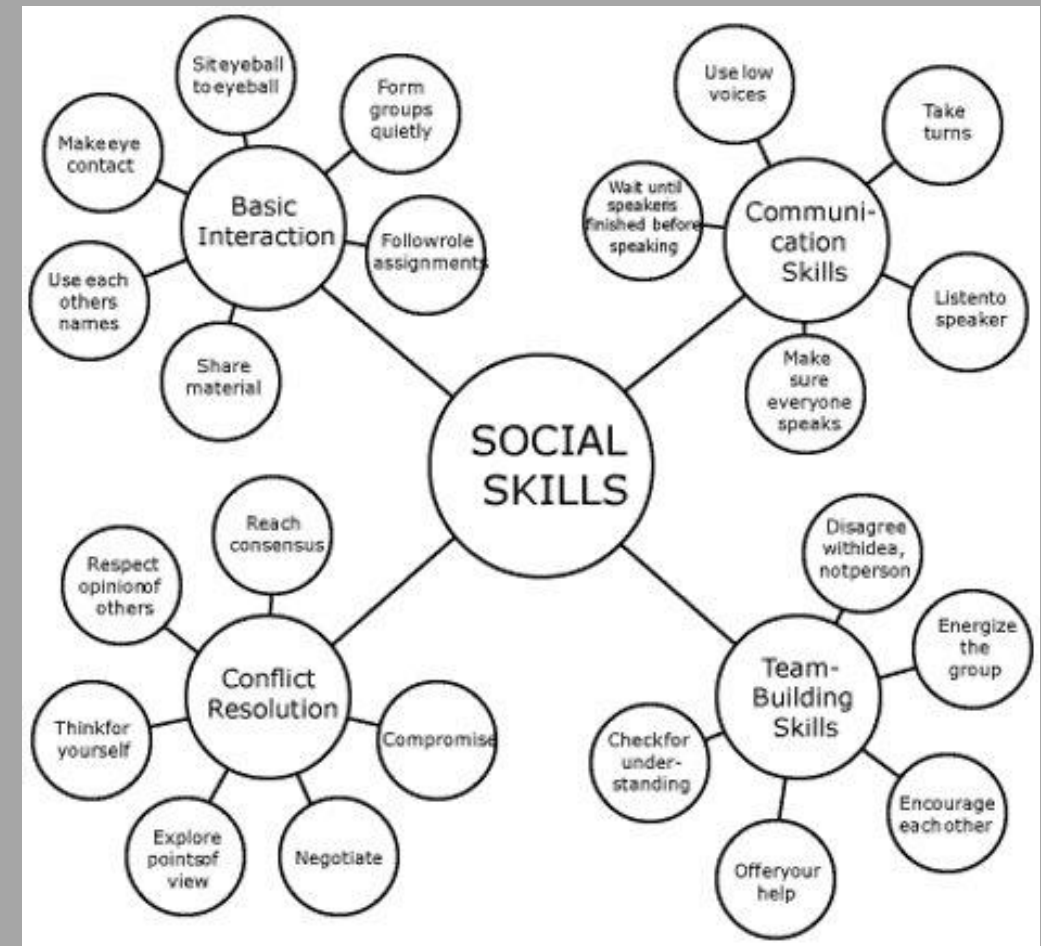
severe deficits in verbal and nonverbal social communication skills

great distress/difficulty changing actions or focus

Autism Spectrum Disorder

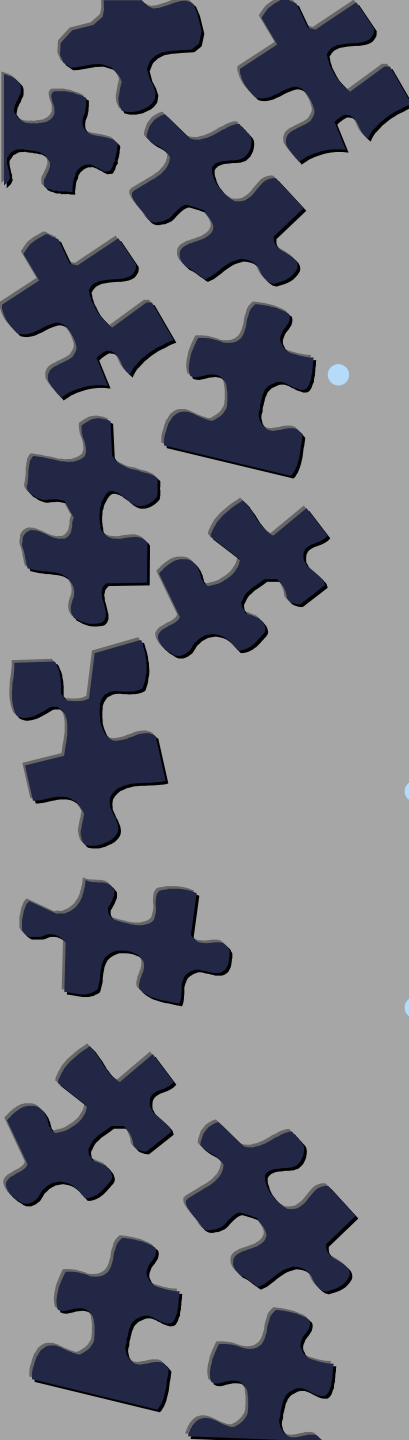
Why are a lack of social/communication skills so impactful?

- ***Social skills impact all the ways we interact and understand our world***
 - It's how we talk
- ***How we read situations***
 - How we engage
- ***And the list goes on...***



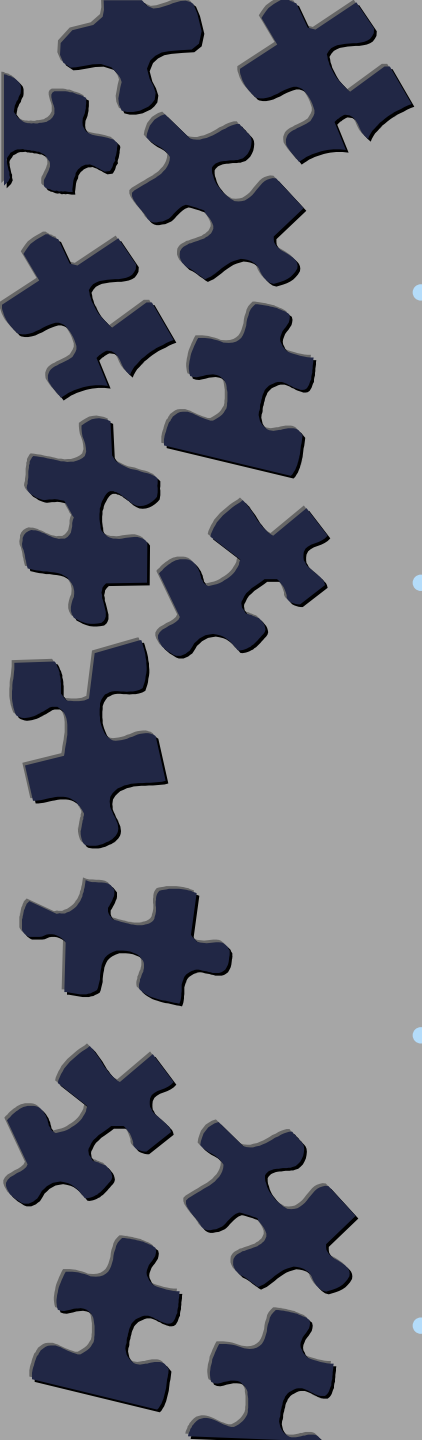
One of the most commonly diagnosed disorders with ASD is Post Traumatic Stress Disorder.





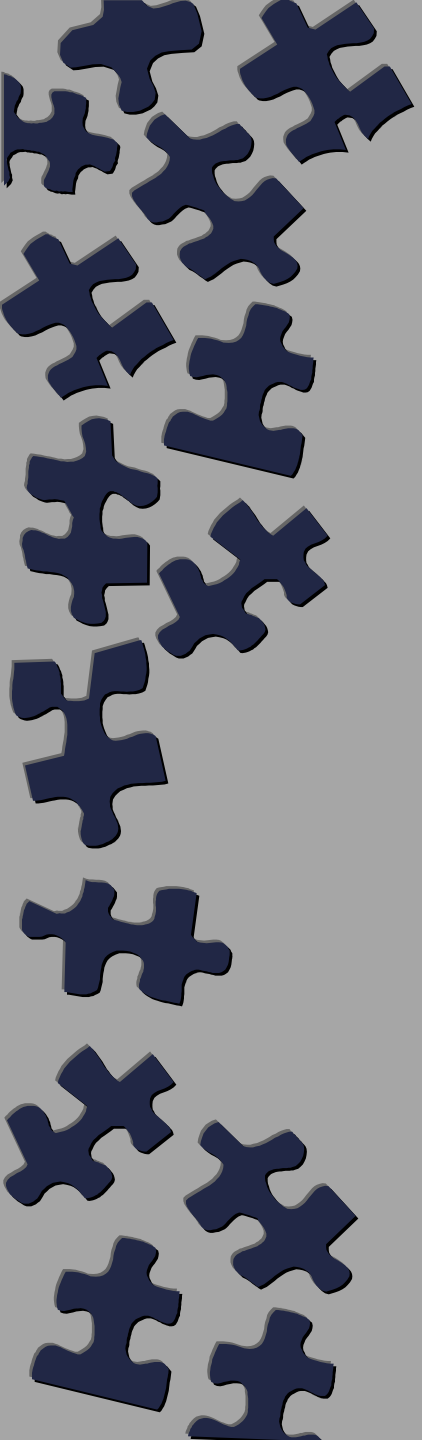
Trauma is...

- An emotional response to an event
 - › Direct experience or a bystander of a traumatic event
- Shock and Denial
- Unpredictable emotions and behaviors



Prevalence of Trauma

- An estimated 8 million people are diagnosed with PTSD per year
- 70% of adults experience at least one traumatic event in their lifetime
 - 20% of these people develop PTSD one in eleven individuals will be diagnosed with PTSD
- 90% of youth with ASD and clinical-level mood symptoms reported at least one trauma
- 10x more likely to be maltreated than their neurotypical peers

A vertical column of dark blue puzzle pieces is positioned on the left side of the slide. The pieces are arranged in a way that they appear to be part of a larger, incomplete structure, with some pieces missing or slightly offset.

WHY?

Types of Trauma & Adversity

Potential Traumatic Events

Community Violence
School violence
Accident, fire, or natural disaster
Sudden Death/loss of a loved one
Chronic illness/pain
Exposure to war or terrorism

Physical Abuse Sexual Abuse Family/Intimate Partner Violence

Adverse Childhood Experiences

Physical Neglect
Emotional Abuse
Parental Divorce
Incarcerated Family Member
Substance Abuse (in home)
Mental Illness (in home)

Poverty Racism Discrimination Bullying

Other Adversities

A PARTNER IN
NCTSN

The National Child
Traumatic Stress Network

Effects of Trauma

Adverse Childhood Experiences (Trauma Exposure)

- **Abuse and Neglect** (e.g., psychological, physical, sexual)
- **Household Dysfunction** (e.g., domestic violence, substance abuse, mental illness)
- **Exposure to Injury or Violence** (e.g., medical trauma, community violence, disaster)
- **Racism/discrimination**



Impact on Child Development

- **Neurobiological Effects** (e.g., brain abnormalities, stress hormone dysregulation)
- **Psychosocial Effects** (e.g., poor attachment, poor socialization, poor self-efficacy)
- **Health Risk Behaviors** (e.g., smoking, obesity, substance abuse, promiscuity)



Long-Term Consequences

Disease and Disability

- Major Depression, Suicide, PTSD
- Drug and Alcohol Abuse
- Heart Disease
- Cancer
- Chronic Lung Disease
- Sexually Transmitted Diseases
- Intergenerational abuse

Social Problems

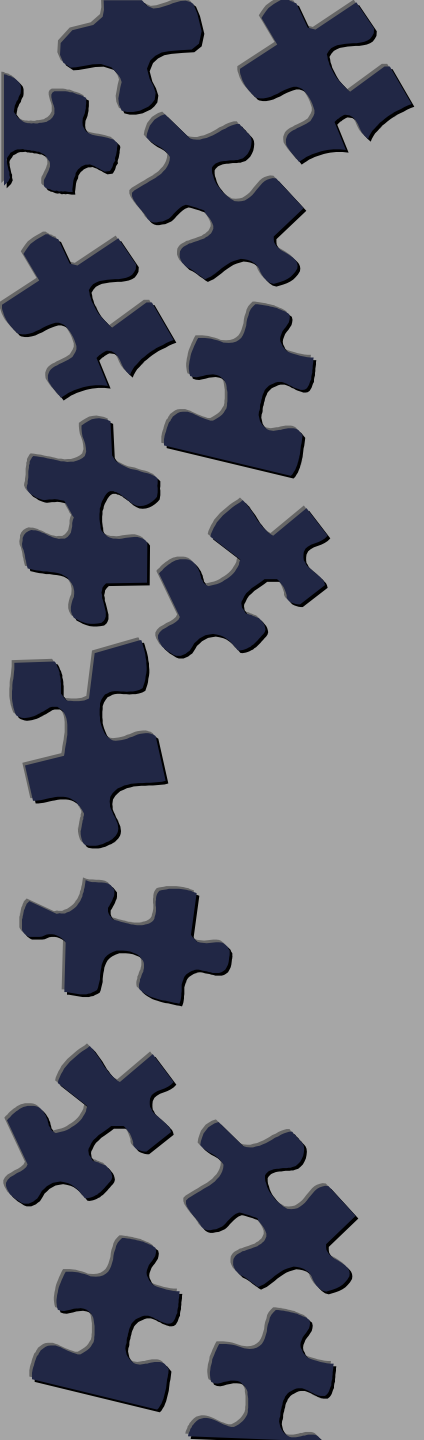
- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems
- High utilization of health and social services

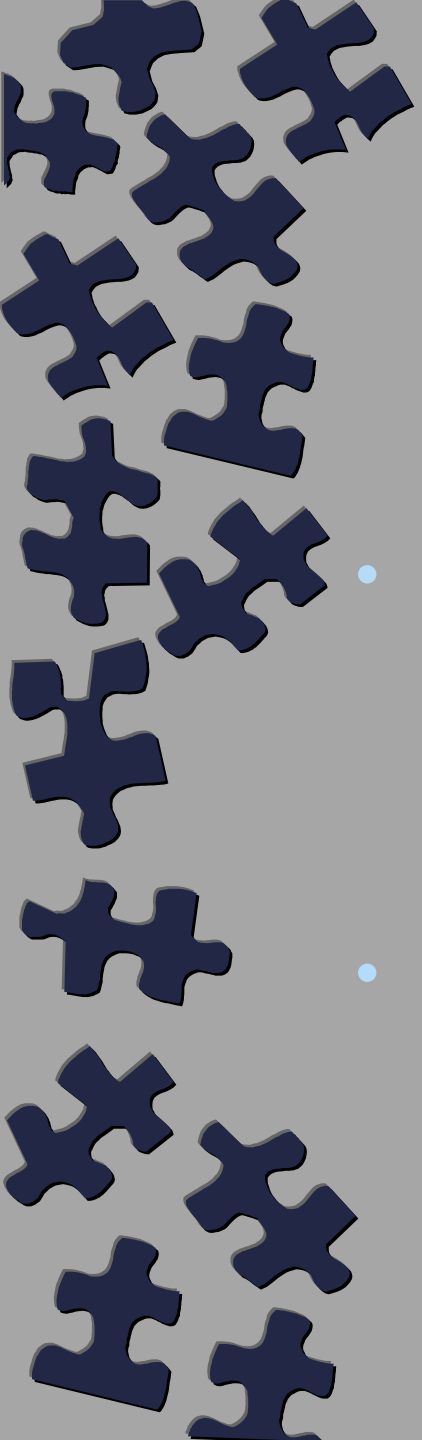


Manifestation of Trauma for someone Diagnosed with Autism

Intense behavior can be associated with some individuals diagnosed with ASD but is also common to individuals who have suffered trauma. This makes the diagnostic discrimination between ASD and side effects of trauma clinically challenging.

Lets talk about it!





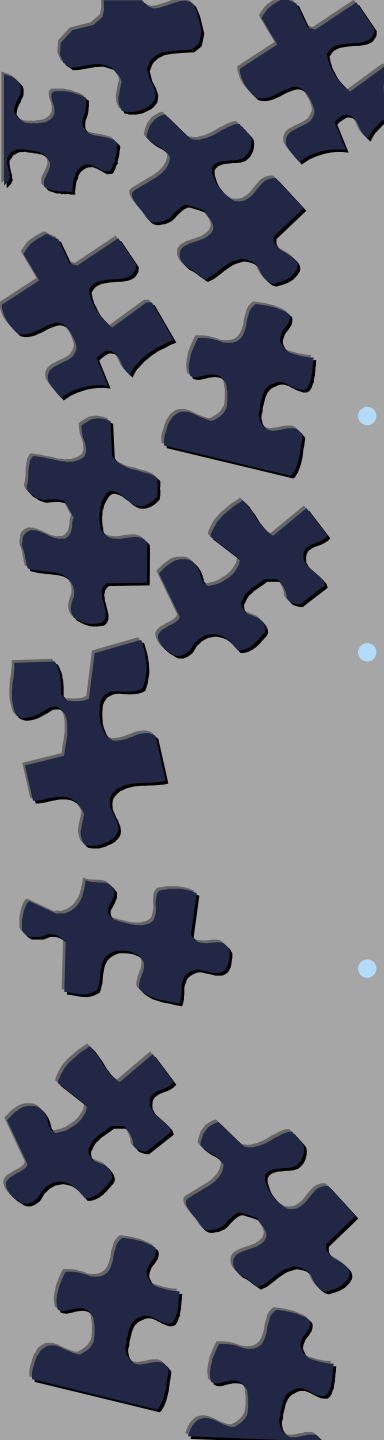
Impact and Challenges

- What is the most challenging aspect of working with individuals who have ASD, trauma, and/or IDD?
- What are some barriers in providing care for individuals with dual diagnoses (e.g., ASD/IDD, ASD/Trauma)?

Why can Applied Behavior Analysis be helpful? (ABA)

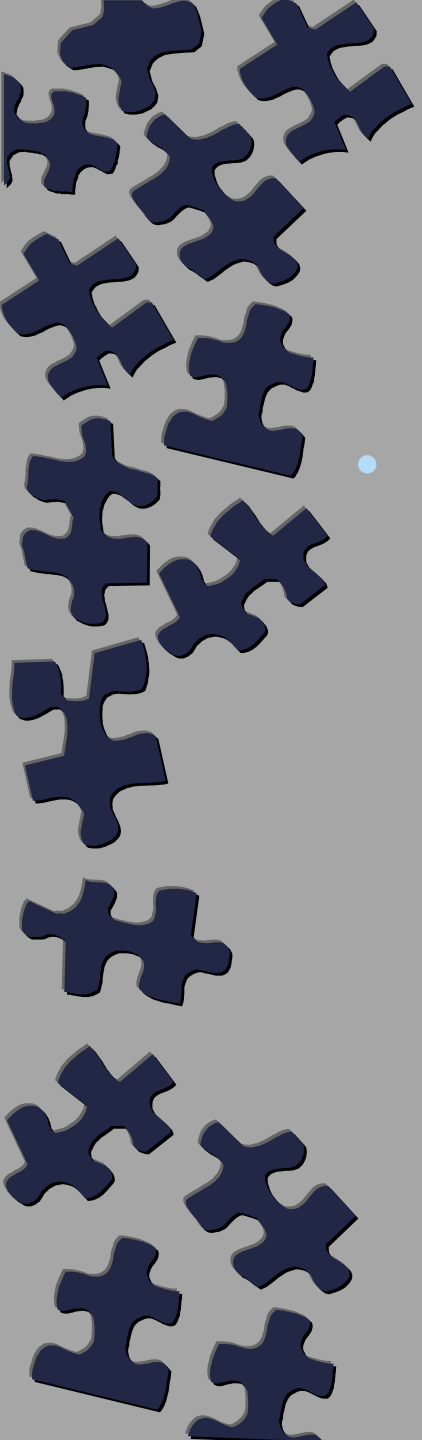
Simply: A science that uses methods based on behavior principles to improve important behaviors and experiments to find out what causes these improvements. Find the WHY!





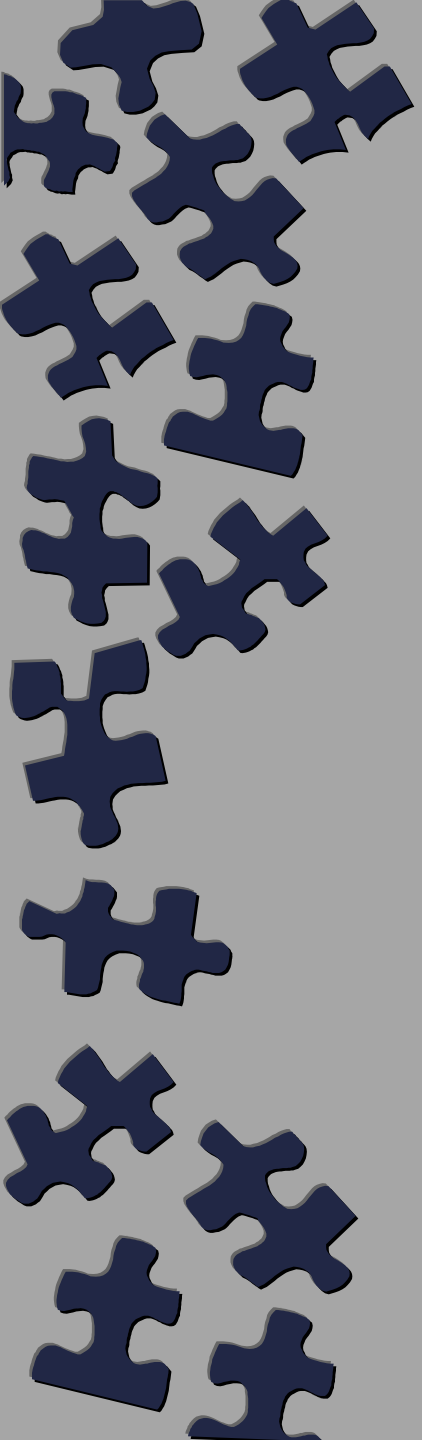
What does ABA mean with Trauma and why is it important?

- Observation of Behavior, where and when it occurs.
- Is it a learned behavior or behavior resulting from trauma...or both?
- Importance of team collaboration and communication in successfully supporting these needs.



Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

- What is TF- CBT?
 - History
 - Supporting Levels of Evidence
 - More than 22 scientific statistical and experimental studies conducted, within the United States and internationally supporting TF-CBT including 12 randomized controlled trials with meta-analysis.

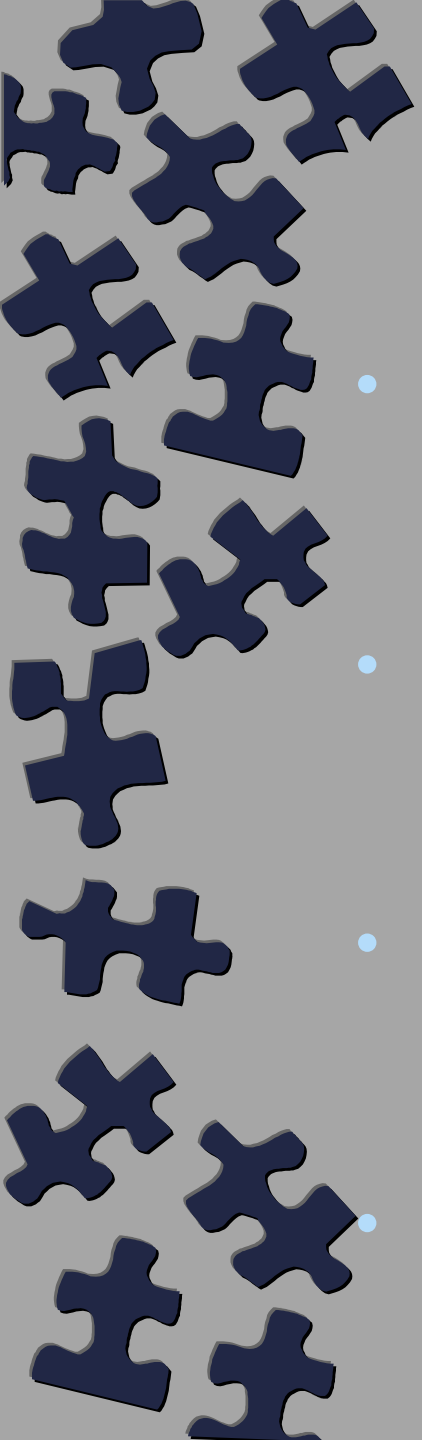


TF-CBT Components

PRACTICE

TF-CBT Components build on each other

- Psycho education and Parenting
- Relaxation
- Affective Modulation
- Cognitive Processing
- Trauma Narration
- In Vivo Desensitization
- Conjoint parent-child sessions
- Enhancing safety and future development



How is this done?

- Variety of ABA assessments including direct observation of behaviors in conjunction with the TF-CBT therapist.
- Through each phase, the BCBA is responsible for being aware of what phase the TF-CBT clinician is working on with the client and graphed accordingly
- Include appropriate coping skills in the BSP that correlate with sessions the clinician is also identifying.
- Multidisciplinary approach



ABA during TF-CBT Treatment

- Develop TRUST and SAFETY with individual
- Promote choice and intervention choice
- Reinforcement contingencies in place for socially appropriate behavior
- Utilize Coping skills (use in and out of session)
- Generalized across settings and carryover
- Teach skills and finding out the motivation behind the skill

Clinical Supports

- Building/strengthening relationships with a caregiver
- Developing coping strategies to address symptom association
- Identifying negative thoughts replacing these with more favorable ones
- Psychoeducation and parenting skills
- Trauma narrative and assessments

- Reduction in trauma symptoms
- Learning that the trauma is not their fault
- Improvement in PTSD, depression, anxiety, and other related symptoms of a traumatic event

Behavioral Supports

- Gradual exposure to trauma reminders (*in vivo* exposure)
- Skill-building
- Communication skills
- Reinforcement strategies
- Discrimination training

- Teaching coping skills to help manage trauma-related distress and emotional regulation
- Desensitization
- Reduction in maladaptive behaviors

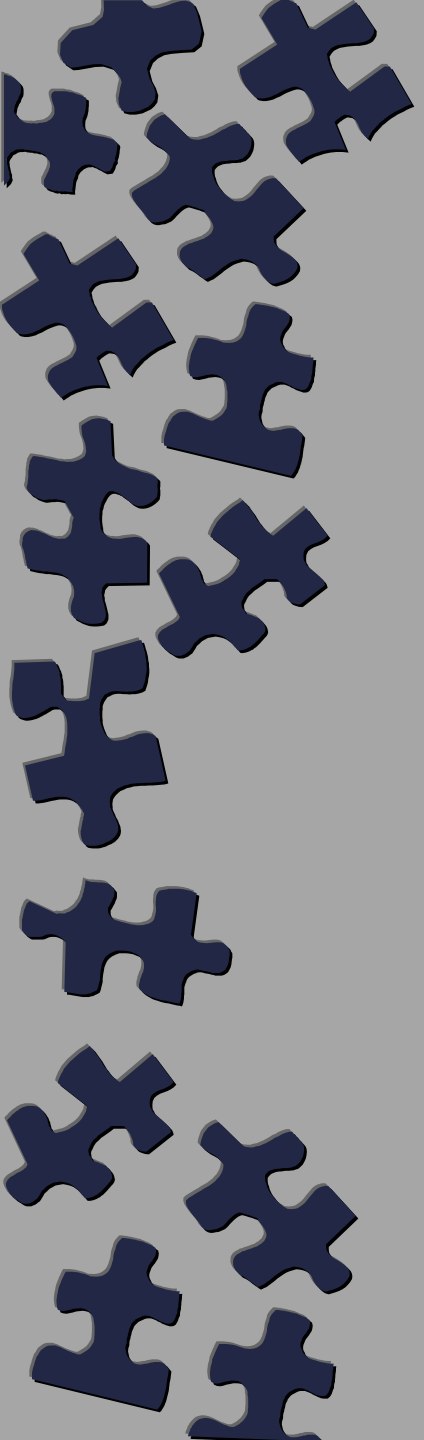
Occupational Supports

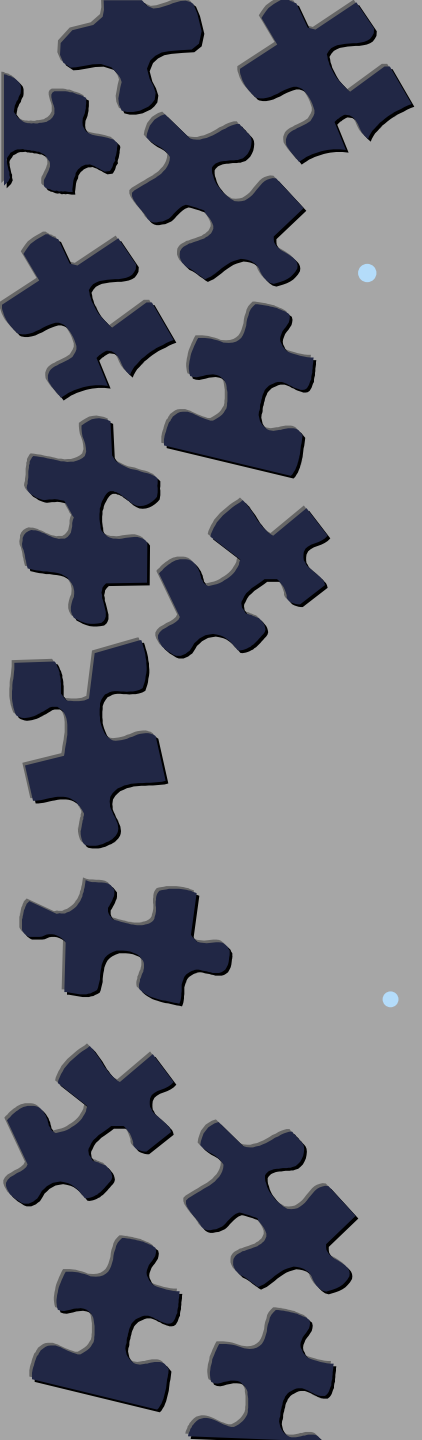
Relaxation (yoga and deep breathing)
tolerance techniques

Reducing trauma symptoms, behavioral and emotional with the increase in tolerance techniques

Elimination of trauma symptoms with a reduction/elimination of maladaptive behavioral and/or emotional difficulties ones associated with the trauma

Lets talk about it!





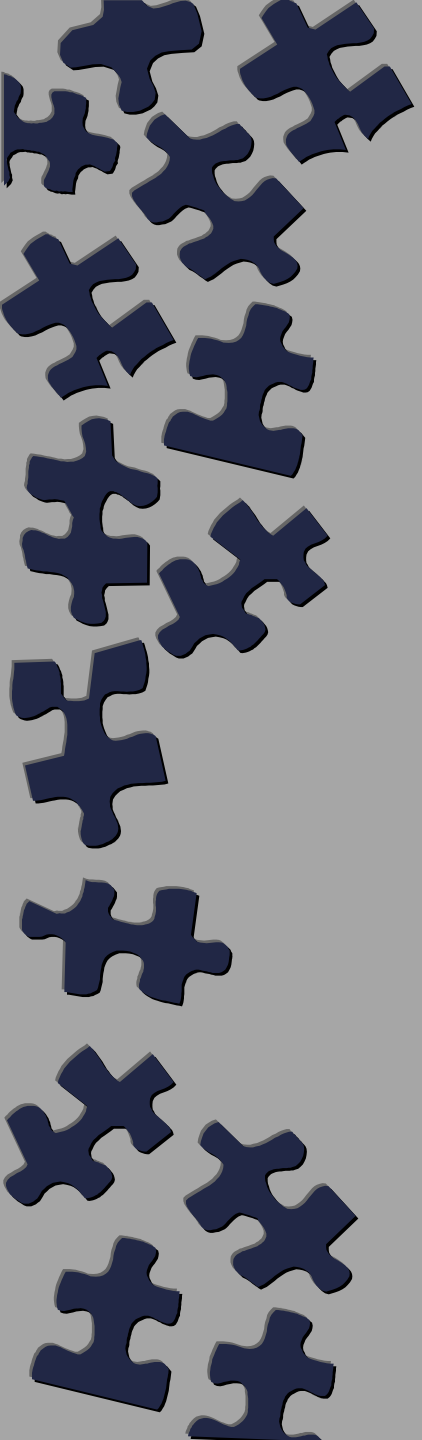
Skills and Approach

- Which of the following do you feel most confident addressing when working with individuals diagnosed with trauma?
 - Emotional regulation
 - Behavioral management
- Trauma-informed care practices
 - Building trust and rapport
 - Supporting caregivers
 - Other (please specify)
- What strategies do you primarily use when working with individuals diagnosed with both IDD and ASD?

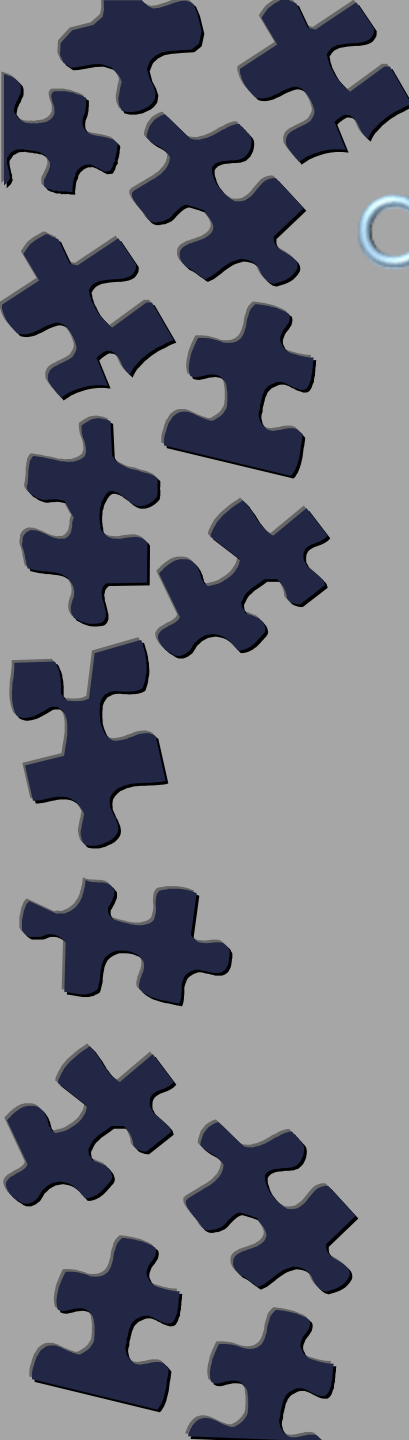
Linking the puzzle in treatment of trauma and Autism

Autism Spectrum Disorder (ASD) and Post-traumatic stress disorder (PTSD) share many of the same diagnostic criteria, similar symptomology, and presentation of behaviors; however, there has been little connection between the two.





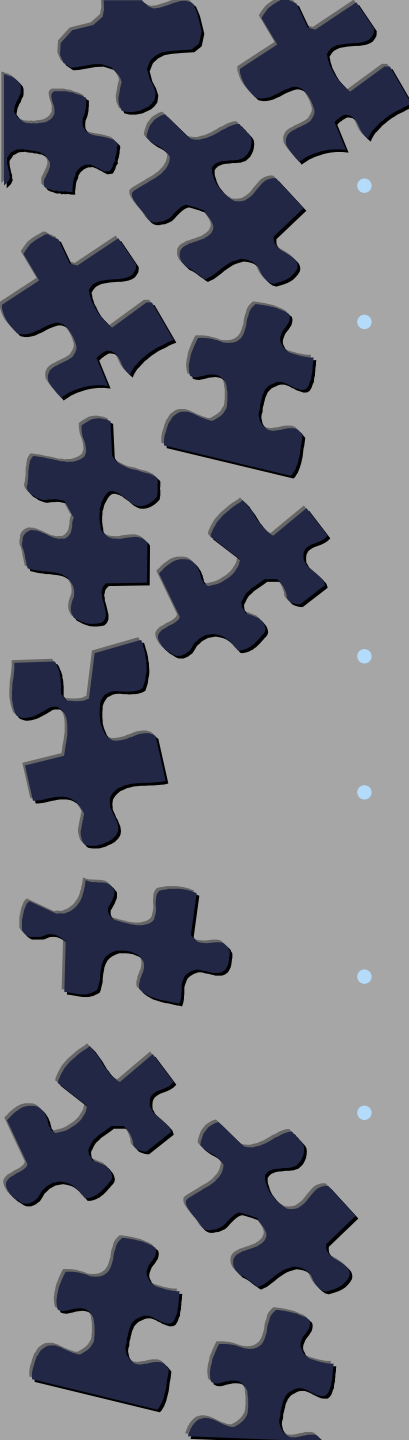
Questions?



Contact Information

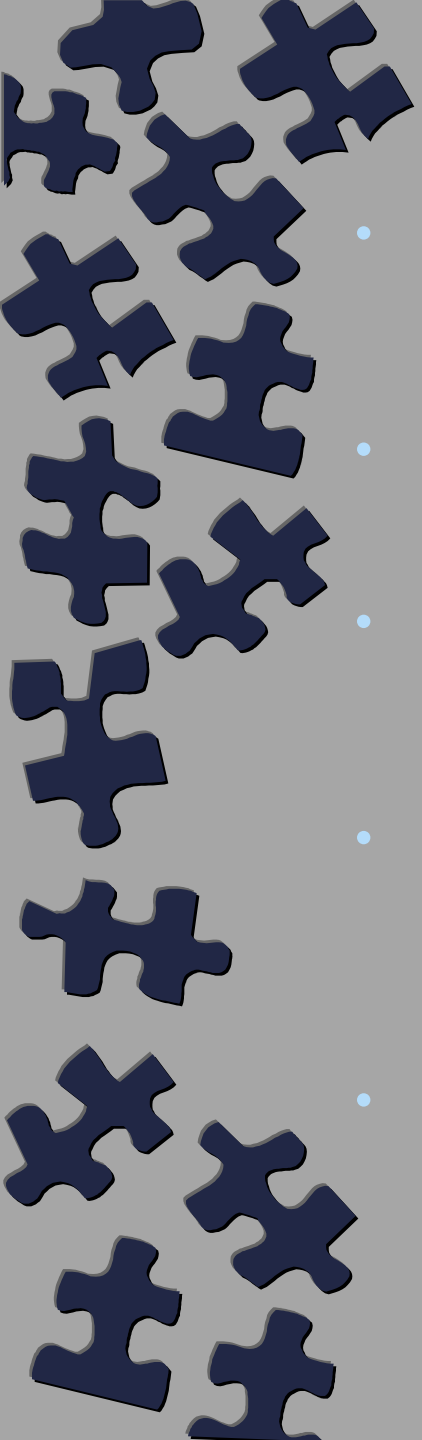
Dr. Sabrina Demsky-Cameron, LCSW
Executive Vice President and Chief Clinical Officer
Scameron@adelbrook.org; 860-635-6010 x 5811

Monica Carras, MS, BCBA, LBA
Director of Behavioral Services and Training
Mcarras@adelbrook.org; 860-635-6010 x 5741



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