

Preschool PTSD Treatment (PPT)

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PPT is a cognitive behavioral therapy protocol for 3-6-year-old children with posttraumatic stress disorder.

Age group: 3-6 years of age, and may also be appropriate for 7-12 years.

Length: 12 sessions, 99 steps

3 Handouts

21 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

99 total steps, including 57 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 Note about "time outs"

Step 2.4 CT Negotiate an agreement about the cause

Step 2.5 List defiant behaviors

Step 2.6 CT Create discipline plan

Step 2.7 Grief

Step 2.8 Prepare for Next Session

Step 2.9 CT Resistance/Reluctance

Step 2.10 Homework

Step 2.11 Preview next week

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 Body feelings
- Step 3.5 CT Body feelings 2
- Step 3.6 Review
- Step 3.7 Homework
- Step 3.8 Resistance/Reluctance
- Step 3.9 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 Teach the Scary Feelings Score
- Step 4.6 CT Practice the tools
- Step 4.7 Review Session with Parent
- Step 4.8 Review Discipline Homework
- Step 4.9 Homework. Test drive the rating and exercises
- Step 4.10 Resistance/Reluctance
- Step 4.11 Possible Boundary Issues
- Step 4.12 Parent Alone: Preview Next Week

SESSION 5 Tell the story

- Step 5.1 CT Briefly review last session
- Step 5.2 Rehearse the Relaxation Exercises
- Step 5.3 CT Tell the Trauma Story
- Step 5.4 CT Use distraction / relaxation methods
- Step 5.5 CT Stimulus hierarchy
- Step 5.6 Preview next week
- Step 5.7 Parent Alone
- Step 5.8 Possible Boundary Issues
- Step 5.9 Resistance/Reluctance
- Step 5.10 CT Child and Parent Together: Plan homework

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 Safety Planning
- Step 6.6 CT Child and Parent Together: Plan homework
- Step 6.7 Respecting boundaries
- Step 6.8 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 CT Safety Planning
- Step 7.6 CT Child and Parent Together: Plan homework
- Step 7.7 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 Safety Planning
- Step 8.6 CT Child and Parent Together: Plan homework
- Step 8.7 CT Safety plan homework
- Step 8.8 Preview next week

SESSION 9

- Step 9.1 CT Briefly review homework
- Step 9.2 CT Worst Moment exposure
- Step 9.3 CT Use distraction / relaxation methods
- Step 9.4 Imaginal exposure
- Step 9.5 Safety Planning
- Step 9.6 CT Child and Parent Together: Plan homework
- Step 9.7 CT Safety Planning
- Step 9.8 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 Review of the Roadway Book
- Step 10.6 CT Plan homework
- Step 10.7 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 Scary Feelings Score
- Step 11.5 CT Discuss how to respond
- 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 Child and parent together: Plan homework
- Step 11.10 Preview next week

SESSION 12

Step 12.1 CT Briefly review homework

Step 12.2 CT Review the Roadway Book

Step 12.3 CT Graduation diploma

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