

Resources from Training

This is version 2.8 - I will update it from time to time, the most recent version will be at: www.davidtrickey.com/resources

If any of the links do not work, if you spot any mistakes, or if you think the language used could be better, please do let me know.

There is a full list of references from the training available [Link to list](#) →

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Key research and published articles

Cognitive model of PTSD - Article

Seminal academic paper describing the Cognitive model of PTSD with particular reference to children and young people.

Meiser-Stedman R. (2002). Towards a cognitive-behavioral model of PTSD in children and adolescents. *Clinical child and family psychology review*, 5(4), 217–232.

[Download full text →](#)

Published: December 2002

Towards a Cognitive–Behavioral Model of PTSD in Children and Adolescents

Richard Meiser-Stedman

Clinical Child and Family Psychology Review 5, 217–232 (2002) | [Cite this article](#)

A child in every classroom: tackling PTSD in children and adolescents - Video

Professor Richard Meiser-Stedman's 2021 inaugural lecture providing an overview of what recent research tells us about PTSD in children and young people.

(The actual lecture starts at 7mins 10seconds, but it's worth listening to the first bit to hear the joke about his mum).

[Link to youtube →](#)



Evidence-informed principles to guide actions post-trauma - Article

Suggests empirically supported principles to guide intervention post trauma: sense of safety, calming, a sense of self– & community efficacy, connectedness, and hope.

Hobfoll, S. E., Watson, P., Bell, C. C., Bryant, R. A., Brymer, M. J., Friedman, M. J., ... & Ursano, R. J. (2007). Five essential elements of immediate and mid–term mass trauma intervention: Empirical evidence. *Psychiatry*, 70(4), 283–315.

[Link to full text →](#)

Original Articles

Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence

Stevan E. Hobfoll, Patricia Watson, Carl C. Bell, Richard A. Bryant, Melissa J. Brymer, Matthew J. Friedman, Merie Friedman, Berthold P.R. Gersons, Joop T.V.M. de Jong, Christopher M. Layne, Shira Maguen, Yuval Neria, Ann E. Norwood, Robert S. Pynoos, Dori Reissman, Josef I. Ruzek, Ariele Y. Shalev, Zahava Solomon, Alan M. Steinberg & Robert J. Ursano

Pages 283–315 | Published online: 16 Dec 2014

[Download citation](#)

Key research and published articles

Exposure to potentially traumatic events and prevalence of PTSD - Article

Evaluates the prevalence, clinical features, and risk factors associated with trauma exposure and PTSD in a large sample of young people in England and Wales. This paper provides the often quoted “1 in 3 young are exposed to a potentially traumatic event” figure.

Lewis, S. J., Arseneault, L., Caspi, A., Fisher, H. L., Matthews, T., Moffitt, T. E., ... & Danese, A. (2019). The epidemiology of trauma and post-traumatic stress disorder in a representative cohort of young people in England and Wales. *The Lancet Psychiatry*, 6(3), 247-256.

[Link to full text →](#)

The epidemiology of trauma and post-traumatic stress disorder in a representative cohort of young people in England and Wales

Stephanie J. Lewis, Louise Arseneault, Avshalom Caspi, Helen L. Fisher, Timothy Matthews, Terrie E. Moffitt, Candice L. Odgers, Daniel Stahl, Jia Ying Teng, Andrea Danese

Complex trauma and psychological difficulties – Article

Explores the prevalence of complex trauma and its impact (particularly compared to non complex trauma) in a large sample of young people in England & Wales, and examines link with childhood vulnerabilities.

Lewis, S. J., Koenen, K. C., Ambler, A., Arseneault, L., Caspi, A., Fisher, H. L., ... & Danese, A. (2021). Unravelling the contribution of complex trauma to psychopathology and cognitive deficits: a cohort study. *The British Journal of Psychiatry*, 219(2), 448-455.

[Link to full text →](#)

Unravelling the contribution of complex trauma to psychopathology and cognitive deficits: a cohort study

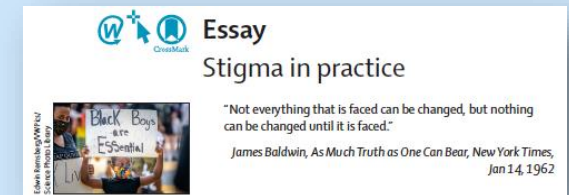
Stephanie J. Lewis, Karestan C. Koenen, Antony Ambler, Louise Arseneault, Avshalom Caspi, Helen L. Fisher, Terrie E. Moffitt and Andrea Danese

Stigma in Practice – Published essay

A brief commentary on how unconscious biases of practitioners can affect care, and the importance of replacing stigma with our most important tool – respectful curiosity.

Minnis, H. (2021). Stigma in practice. *The Lancet Psychiatry*, 8(6), 466-468.

[Link to full text →](#)



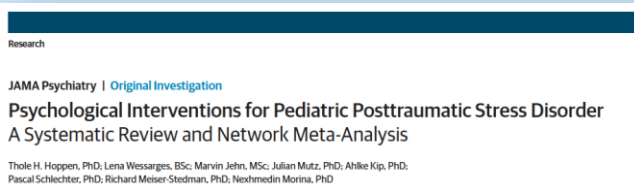
Research evidence

Network meta-analysis of interventions for PTSD in children and young people - Article

A comprehensive review of 70 studies (with over 5,500 children) found that trauma-focused cognitive behavioural therapies (TF-CBTs) are the most effective intervention for reducing PTSD symptoms in children and young people, both short- and long-term. EMDR, multidisciplinary approaches, and non-trauma-focused interventions also showed benefits but smaller effect sizes and little or no long-term evidence.

Hoppen, T. H., Wessargues, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., ... & Morina, N. (2025). Psychological Interventions for Pediatric Posttraumatic Stress Disorder: A Systematic Review and Network Meta-Analysis. *JAMA psychiatry*, 82(2), 130-141.

[Download full text →](#)



Network meta-analysis of interventions for multiple-event-related PTSD in children and young people - Article

A review of 44 studies (with over 5,000 children) found that trauma-focused cognitive behavioural therapies (TF-CBTs) are the most effective treatment for children with PTSD linked to multiple traumatic events. TF-CBT showed strong benefits in both the short- and long-term, while other approaches showed limited evidence. This supports TF-CBT as the best first-line treatment.

Hoppen, T. H., Wessargues, L., Jehn, M., Mutz, J., Kip, A., Schlechter, P., ... & Morina, N. (2025). Efficacy of psychological interventions for multiple-event-related PTSD in children and adolescents: a network meta-analysis. *World Psychiatry*, 24(1), 144-145.

[Link to full text →](#)



Trauma and Neuropsychology

Trauma and mental health problems: neurological mechanisms – Review Article

Reviews evidence which suggest that trauma leads to neurocognitive changes which increases risk of psychological difficulties.

McCrory, E. J., Gerin, M. I., & Viding, E. (2017). Annual research review: childhood maltreatment, latent vulnerability and the shift to preventative psychiatry—the contribution of functional brain imaging. *Journal of child psychology and psychiatry*, 58(4), 338-357..

[Link to full text →](#)



Neuroscience perspectives of formulation and planning treatment for PTSD – Article

Describes four aspects of neuroscience that should be considered when developing a formulation and planning treatment for PTSD:
1) Fear conditioning, 2) Dysregulated circuits, 3) Memory reconsolidation and 4) Epigenetics.

Ross, D. A., Arbuckle, M. R., Travis, M. J., Dwyer, J. B., van Schalkwyk, G. I., & Ressler, K. J. (2017). An integrated neuroscience perspective on formulation and treatment planning for posttraumatic stress disorder: an educational review. *JAMA psychiatry*, 74(4), 407-415.

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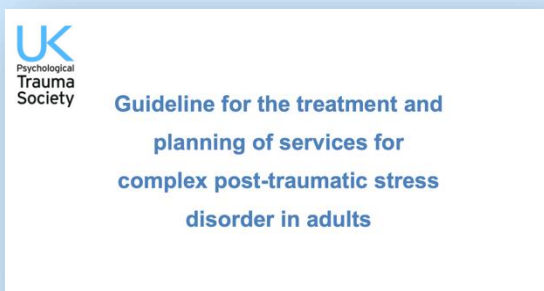


Specific populations

UKPTS Guideline for services for complex PTSD in adults

A guide for healthcare professionals, commissioners and those planning adult services for those with Complex PTSD.

[Link to guideline →](#)



BPS – Working with Interpreters – Online Article

A short article highlighting some of the issues for consideration and offering some guidance.

[Link to online article →](#)



3-8 year olds: PTSD and treatment - Article

Describes PTSD in young children, predictors, and a successful trial of a version of TF-CBT, with free access to the treatment manual.

Hitchcock, C., Goodall, B., Wright, I. M., Boyle, A., Johnston, D., Dunning, D., ... & Dalgleish, T. (2022). The early course and treatment of posttraumatic stress disorder in very young children: diagnostic prevalence and predictors in hospital-attending children and a randomized controlled proof-of-concept trial of trauma-focused cognitive therapy, for 3-to 8-year-olds. *Journal of Child Psychology and Psychiatry*, 63(1), 58-67.

[Link to full text →](#)

[Link to manual →](#)



TF-CBT case-study: commercial sexual exploitation - Article

A case-study of TF-CBT with a young person following complex trauma and sexual exploitation, with ongoing risk. The paper highlights the importance of careful assessment to guide formulation and treatment planning, and describes strategies for implementing TF-CBT for complex trauma.

Cohen, J. A., Mannarino, A. P., & Kinnish, K. (2017). Trauma-focused cognitive behavioral therapy for commercially sexually exploited youth. *Journal of child & adolescent trauma*, 10(2), 175-185.

[Link to full text →](#)



Specific populations

Proposed adaptations for working with trauma and autism spectrum disorder - Article

This article provides recommendations for adapting TF-CBT for children and young people with ASD based on well-established and evidence-based practices for working with this population.

Peterson, J. L., Earl, R. K., Fox, E. A., Ma, R., Haidar, G., Pepper, M., ... & Bernier, R. A. (2019). Trauma and autism spectrum disorder: Review, proposed treatment adaptations and future directions. *Journal of child & adolescent trauma*, 12, 529-547.

[Link to full text →](#)



Trauma & autism research review - Article

A review of the published research about trauma and autistic children and young people.

Hoover, D. W. (2015). The effects of psychological trauma on children with autism spectrum disorders: A research review. *Review Journal of Autism and Developmental Disorders*, 2, 287-299.

[Link to full text →](#)



Tailoring Trauma-Focused Cognitive Behavioral Therapy for Youth with Intellectual and Developmental Disabilities (TF-CBT IDD) and their Caregivers.

This therapist guide is intended to enhance clinician comfort and flexibility in working with youth with Intellectual and Developmental Disabilities (IDD). It is based on the authors' practice, piloting and supervision of Trauma-Focused CBT (TFCBT) cases with youth who have IDD and on survey responses of certified TF-CBT therapists about their work with this population.

[Link to full text →](#)

Tailoring Trauma-Focused Cognitive Behavioral Therapy for Youth with Developmental Disabilities (TF-CBT IDD) and their Caregivers.

This manual was prepared as part of the STRYDD Center (Supporting Trauma Recovery for Youth with Developmental Disabilities) funded by SAMHSA grant1H79SM05062-01

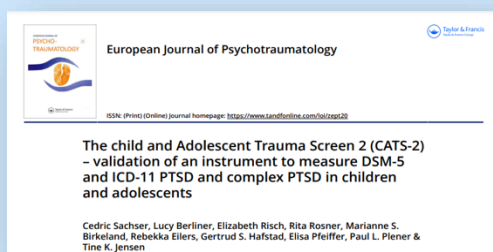
Assessment resources (PTSD symptoms)

Child & Adolescent Trauma Screen (CATS2) - Questionnaire

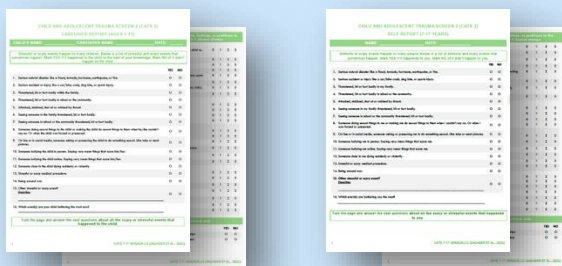
Versions for carer or child / young person aged 7-17. 16 item screen for potentially traumatic events, 20 symptom items, 5 impairment items. Can be scored differently for ICD-11 PTSD, Complex PTSD, and DSM-5 PTSD. Available in different languages.

Sachser, C., Berliner, L., ...& Jensen, T. K. (2022). The child and Adolescent Trauma Screen 2 (CATS-2)–validation of an instrument to measure DSM-5 and ICD-11 PTSD and complex PTSD in children and adolescents. *European Journal of Psychotraumatology*, 13(2).

[Link to full text →](#)



[Available from author →](#)



Child's Revised Impact of Event Scale (CRIES-8) - Questionnaire

8 item questionnaire assessing intrusions and avoidance in children and young people aged 8+. Used routinely in the UK National Health Service and available in 29 languages from Children and War Foundation.

Perrin, S., Meiser-Stedman, R., & Smith, P. (2005). The children's revised impact of event scale (CRIES): validity as a screening instrument for PTSD. *Behavioural and Cognitive Psychotherapy*, 33, 487–498.

[Link to full text →](#)



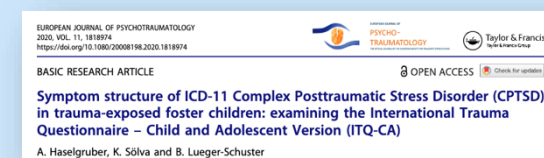
[Link to questionnaire →](#)

International Trauma Questionnaire for Children and Adolescents (ITQ-CA)

A brief measure of ICD-11 PTSD and Complex PTSD for Children and Adolescents aged 7-17 translated into several languages.

Haselgruber, A., Sölva, K., & Lueger-Schuster, B. (2020). Symptom structure of ICD-11 complex posttraumatic stress disorder (CPTSD) in trauma-exposed foster children: examining the international trauma questionnaire–child and adolescent version (ITQ-CA). *European Journal of Psychotraumatology*, 11(1), 1818974.

[Link to full text →](#)



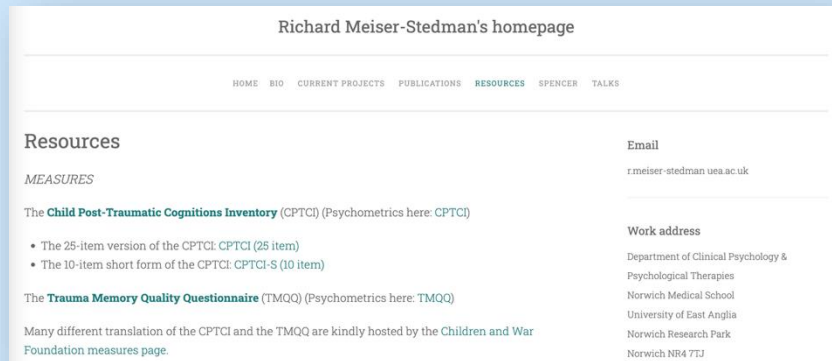
[Link to questionnaire →](#)

Assessment resources (other)

Trauma Memory Quality Questionnaire (TMQQ) & Child Post Traumatic Cognitions Inventory (CPTCI) – website

Links to these questionnaires and various others on Professor Meiser-Stedman's homepage.

[Link to website →](#)



Assessments of younger children: Professor Michael Scheeringa – website

Diagnostic Infant and Preschool Assessment (DIPA)

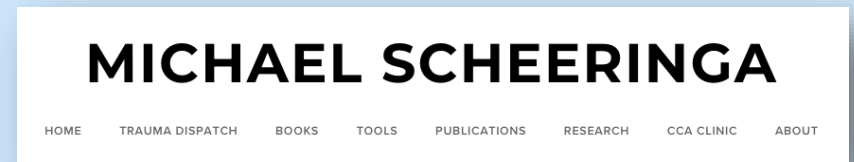
The DIPA is a structured diagnostic interview of carers of children aged 6 years and younger covering 16 DSM-5 disorders.

Young Child PTSD Checklist (YCPC)

The YCPC is a developmentally-sensitive questionnaire for carers of children aged 1-6 to assess PTSD. It includes screening questions for potentially traumatic events.

Both assessments (together with many more resources) are available on Professor Scheeringa's website:

[Link to website →](#)



Resources to support recovery

A guide to understanding and managing trauma for young people - website

A website to support young people after potentially traumatic events, developed by the Greater Manchester Resilience Hub

[Link to website →](#)



Journey of recovery - Animation

An animation introducing professionals to trauma and recovery, to help them support young people affected by trauma. Commissioned by the We Love Manchester Emergency Fund.

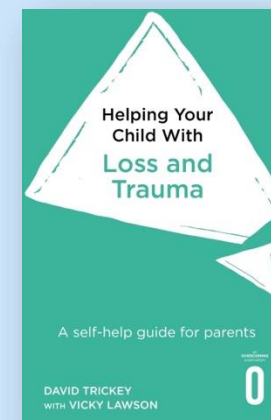
[Link to video →](#)



Helping your child with Loss & Trauma, by David Trickey & Vicky Lawson - Book

A book that provides evidence-informed advice for parents and carers about how to support their children after bereavement and trauma.

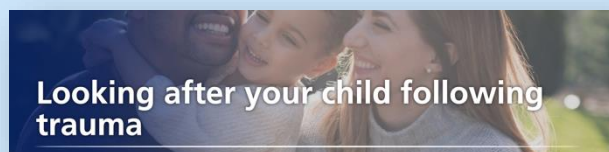
[Link to publisher →](#)



Looking after your child following trauma - website

A website to support parents and carers after their children have experienced a potentially traumatic event, developed by the Greater Manchester Resilience Hub

[Link to booklet →](#)



Psycho-education resources

Rationale for trauma-focused work - pdf

Four metaphors, arranged by David Trickey, with cartoons by [Graham Ogilvie](#), explaining how talking about, thinking about, drawing about or playing about traumatic events can help to process the memories.

[Link to pdf →](#)



Stress on the Brain – Music video

A rap video by students from New River College, Islington, London explaining how stress and trauma affect the brain and how to stay calm.

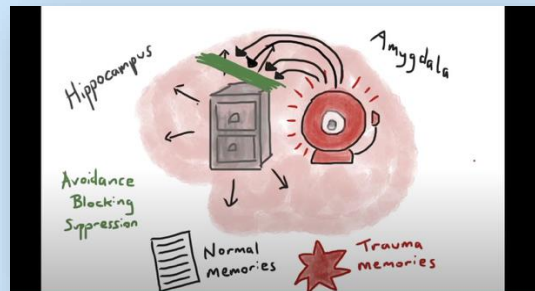
[Link to music video →](#)



Brain model of PTSD – Animation

A short animation produced by Georgina Clifford of London Trauma Specialists explaining *for adults* how PTSD can affect the way their brain works. You could turn the sound down and provide your own commentary for a child or young person.

[Link to animation →](#)



Childhood Trauma and PTSD - Animations

Four short animations produced with young people : 1) What is PTSD, 2) What is trauma-focused CBT, 3) Coping with scary and distressing memories, 4) Absolutely not: and other thoughts you might have about mental health support.

[Link to website →](#)

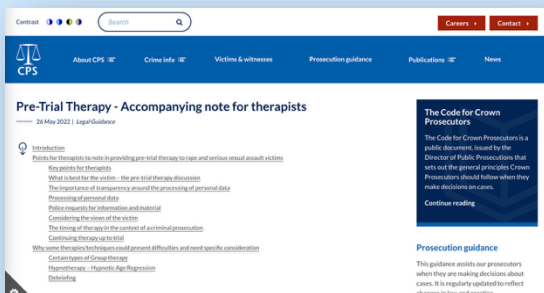


Guidelines when there are criminal proceedings

Pre-trial therapy – Crown Prosecution Service note for therapists (England & Wales)

This note accompanies the CPS Legal Guidance on Pre-trial Therapy and is for therapists to better understand the criminal justice process and how this can impact clients who have been victims of a criminal offence.

[Link to note →](#)

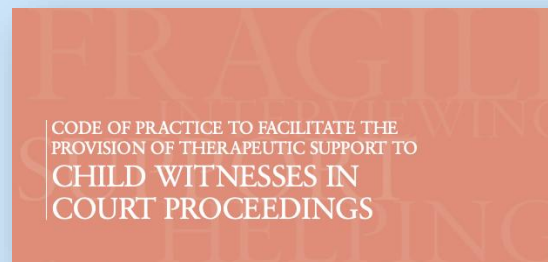


Code of Practice to Facilitate the Provision of Therapeutic Support to Child Witnesses in Court Proceedings (Scotland)

This provides guidance on how therapy can be provided to child witnesses in ways that avoid the risk of contaminating the evidence and establishes best practice guidelines to be implemented consistently in Scotland.

“What has taken place during therapeutic support sessions is only likely to become a matter of evidence if a new or as yet unreported incident, that can have a bearing on the legal matter under investigation, arises during the therapeutic support sessions or if there has been a change to the child’s story or version of events.”

[Link to note →](#)



Organisations providing other resources

UK Trauma Council

The UK Trauma Council supports professionals, communities and policy makers to support children and young people following trauma by developing free, accessible, evidence-based resources, guidance and training.

Current resources include Childhood Trauma and the Brain, Critical Incidents in Educational Communities, Traumatic Bereavement, PTSD.

[Link to website →](#)



Oxford Centre for Anxiety and Trauma (OXCADAT)

Resources for clinicians treating adults with PTSD, complex PTSD, social anxiety disorder or panic disorder, using specialised cognitive therapies. Resources include manuals, video illustrations of key therapeutic techniques and questionnaires.

[Link to website →](#)



Scotland's National Trauma Training Programme

This website provides information on the training and education resources developed by the National Trauma Training Programme to support the skills and knowledge of the whole Scottish workforce.

[Link to website →](#)

