



UiO : **Department of Psychology**
University of Oslo

**NORWEGIAN CENTRE FOR VIOLENCE
AND TRAUMATIC STRESS STUDIES**

Implementering av TF-CBT i klinikker – Utfordringer og mulige løsninger

Tine K. Jensen

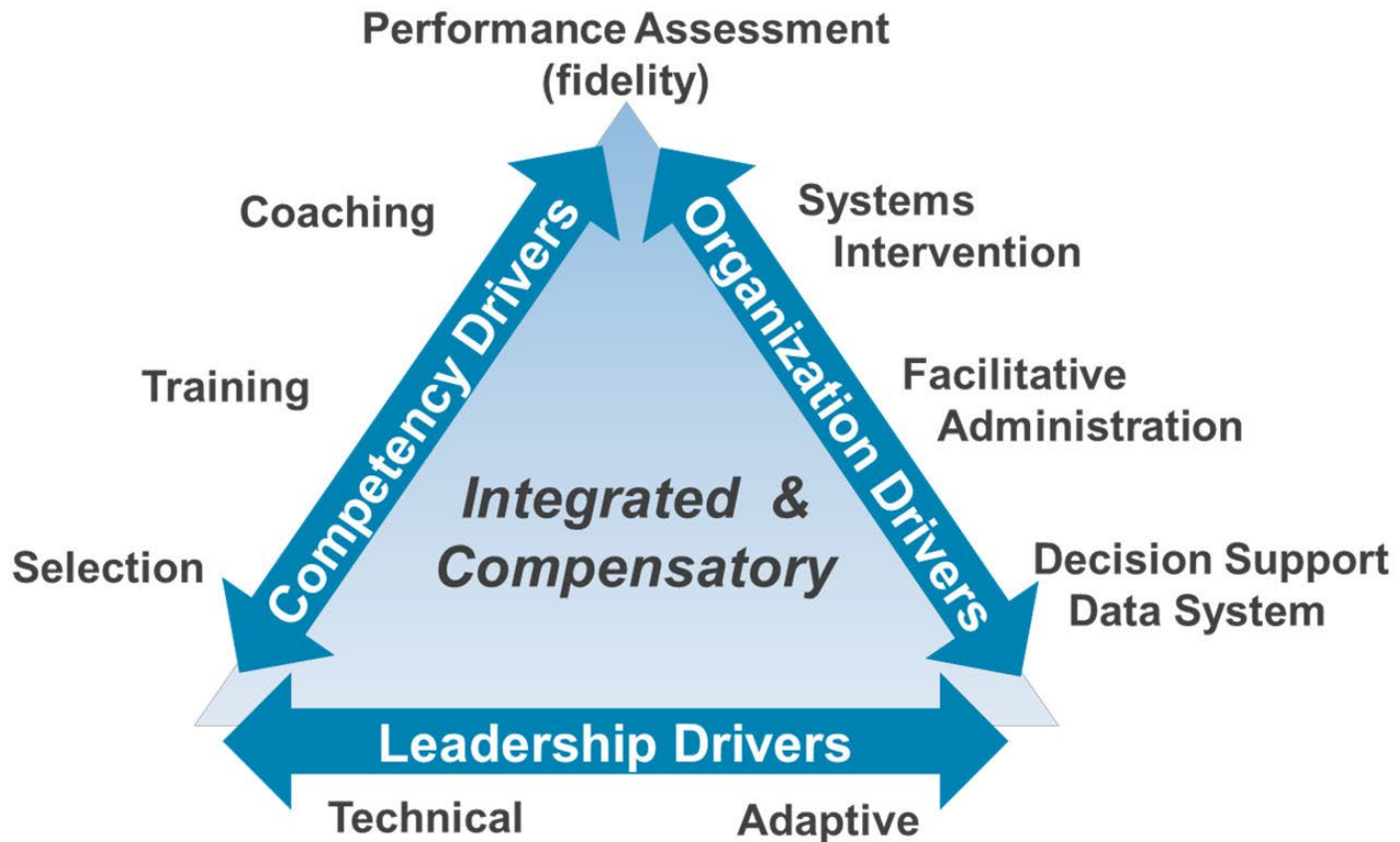
Professor, Psykologisk Institutt, Universitetet i Oslo og
Nasjonalt Kunnskapsenter om Vold og Traumatisk Stress (NKVTS)



Implementering av TF-CBT 2012-2022

- Implementering vs Opplæring
- Implementeringsmål vs Utfallsmål

Implementeringsmodell



Implementeringskomponenter



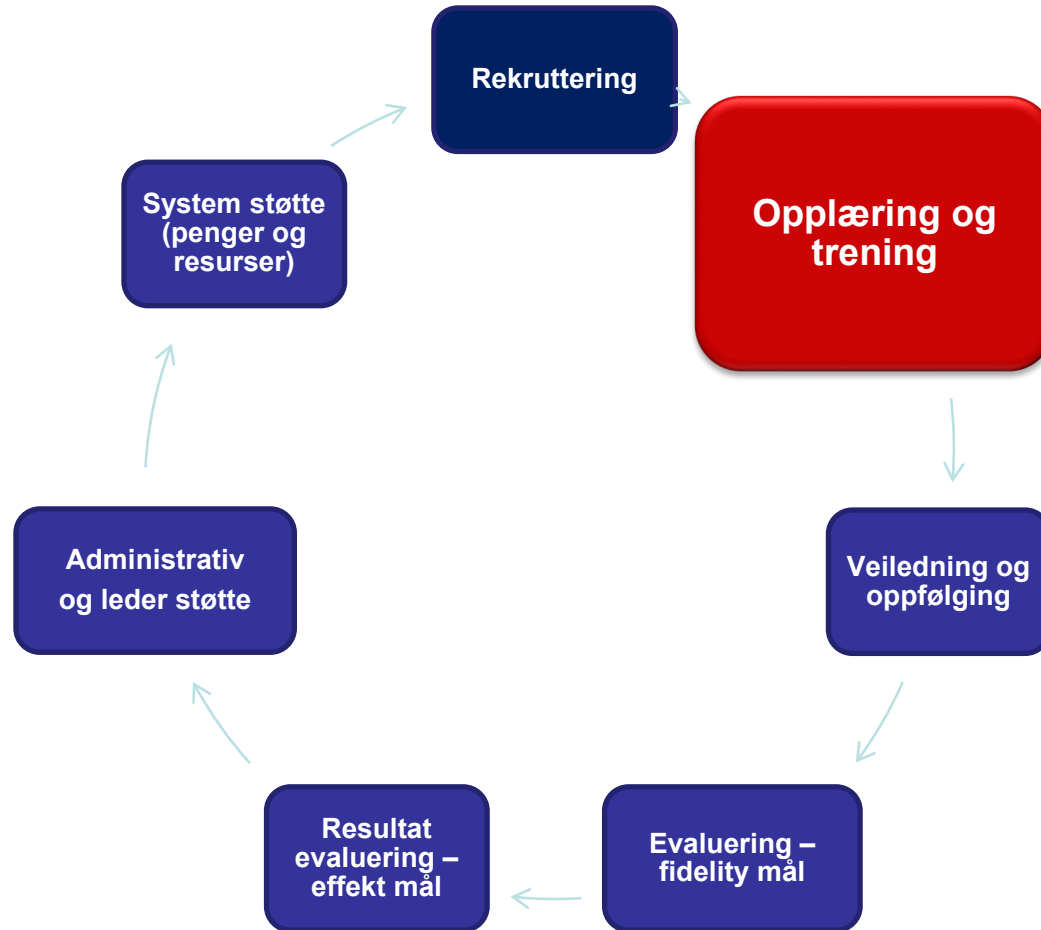
Fixsen, et. al. 2005, 2009

Implementeringskomponenter



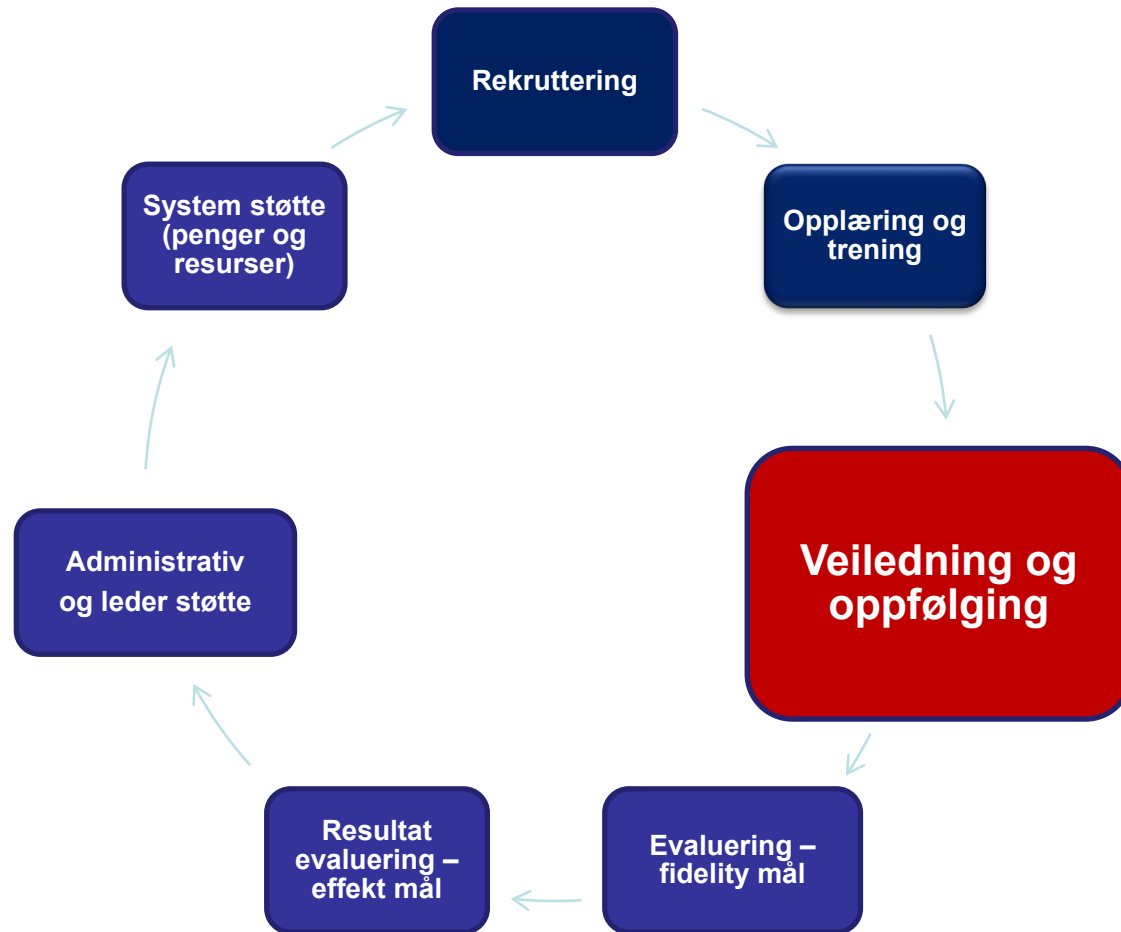
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Implementeringskomponenter



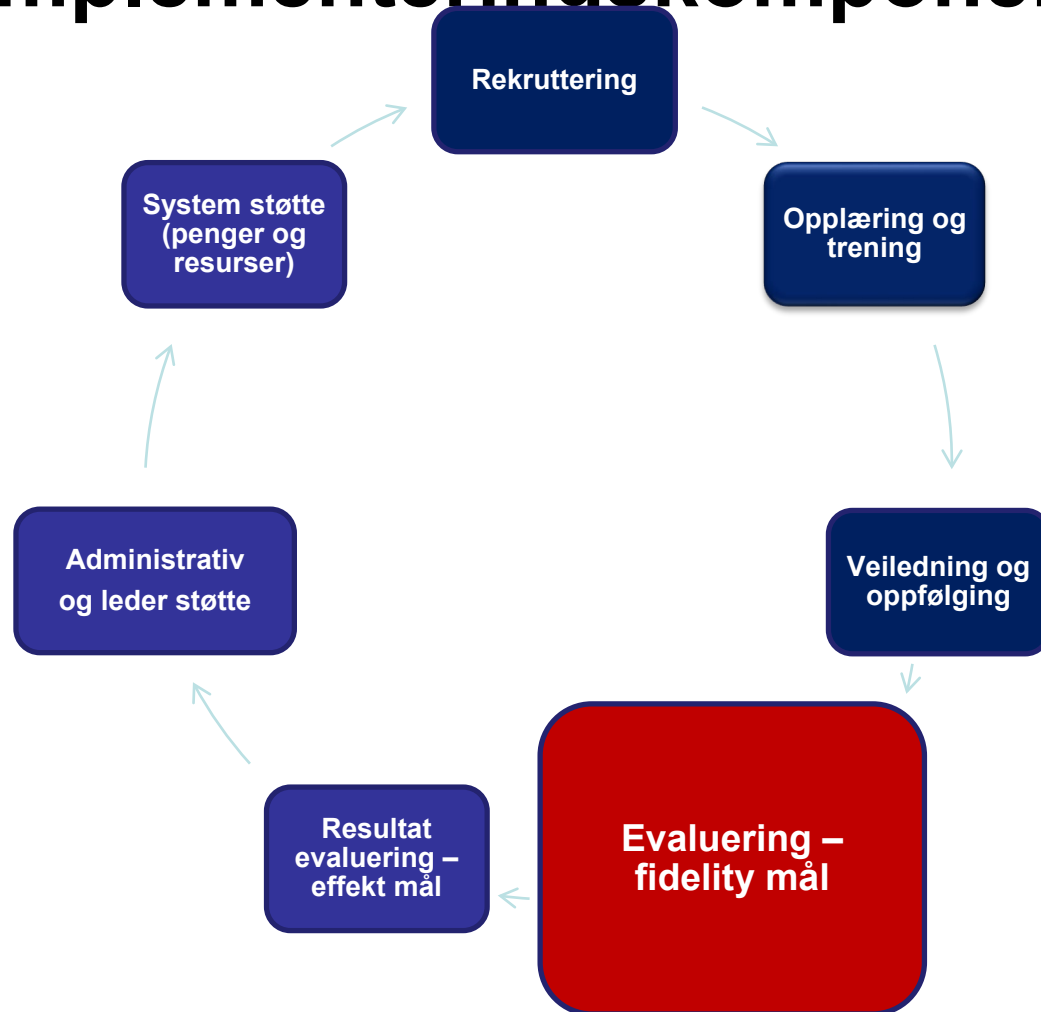
Fixsen, et. al. 2005, 2009

Implementeringskomponenter



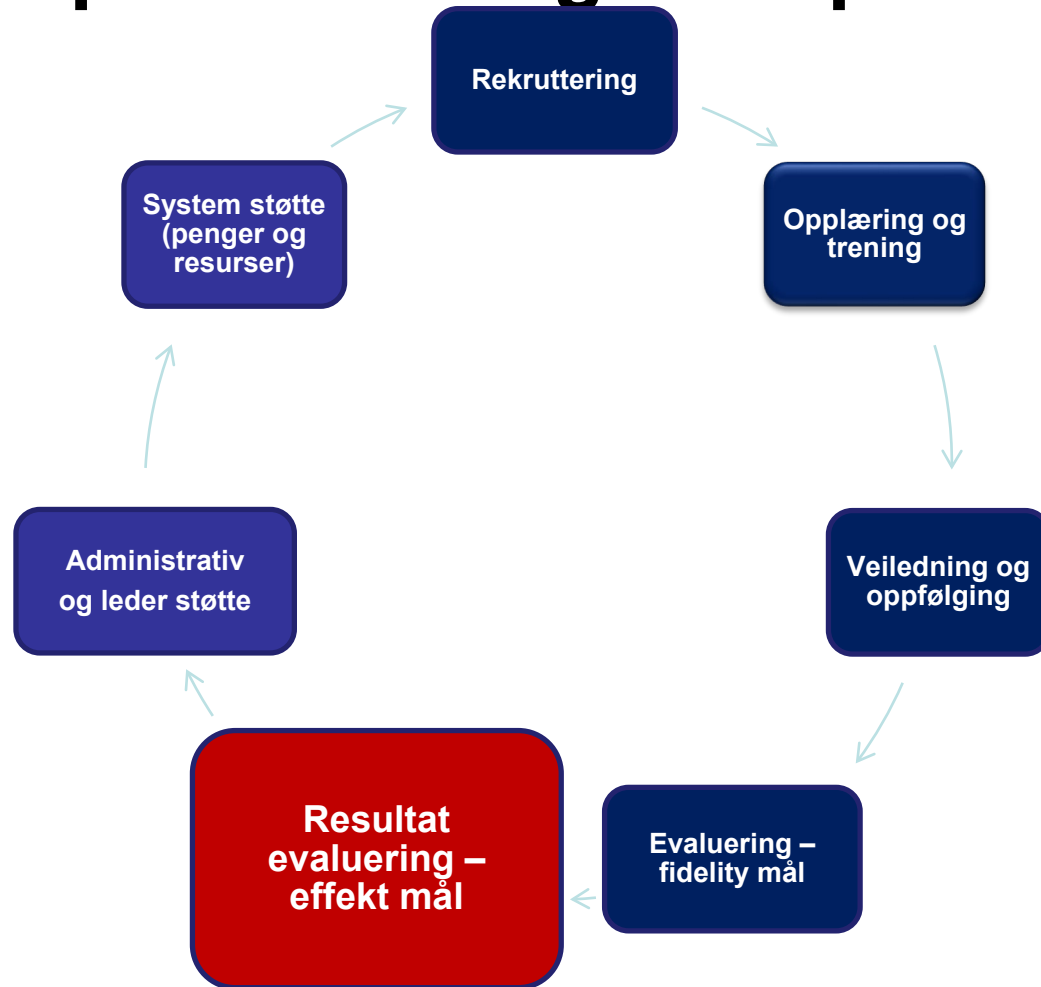
Fixsen, et. al. 2005, 2009

Implementeringskomponenter



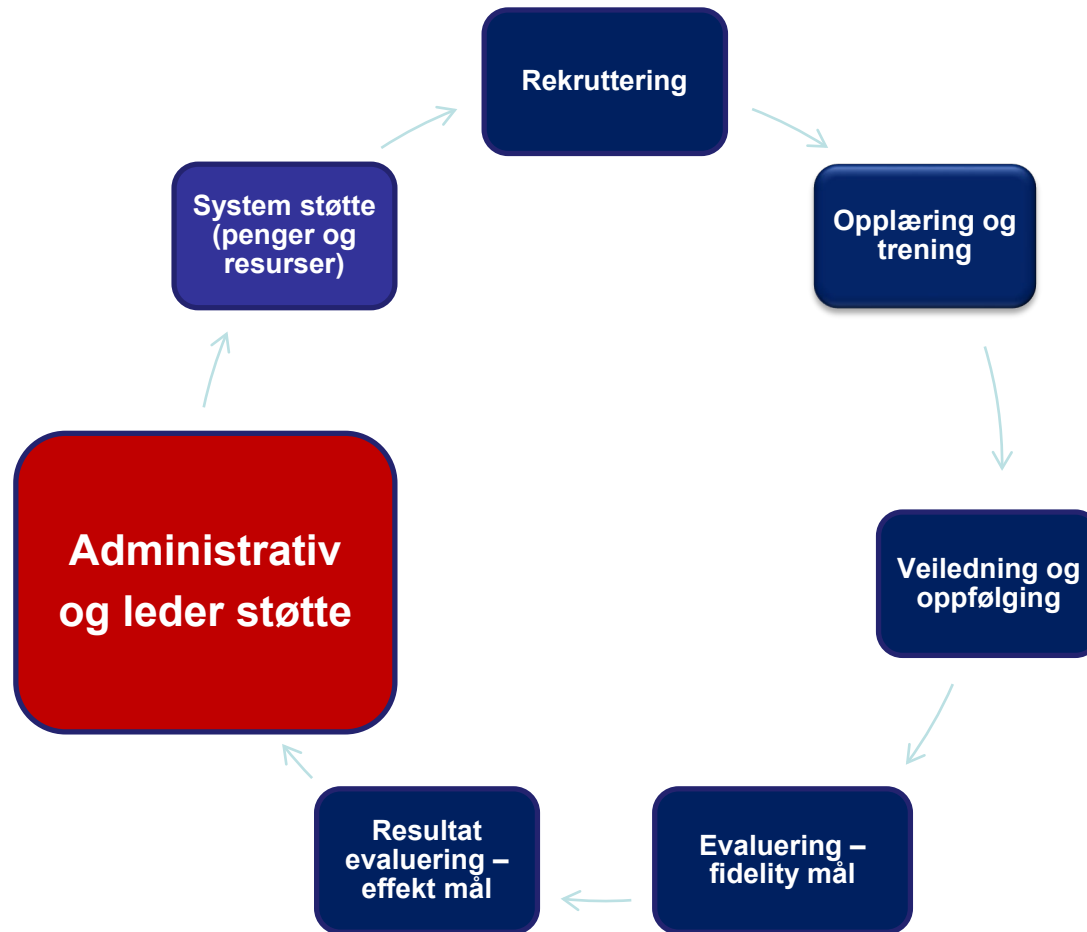
Fixsen, et. al. 2005, 2009

Implementeringskomponenter



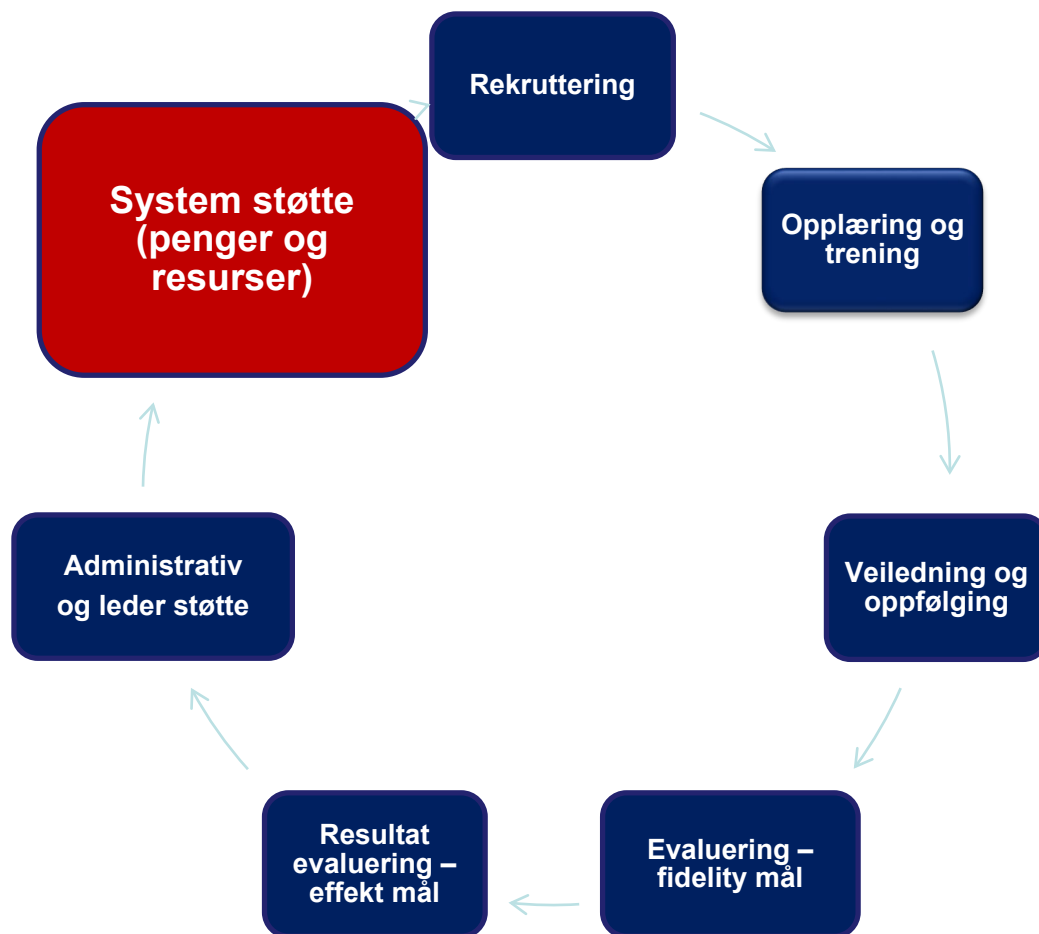
Fixsen, et. al. 2005, 2009

Implementeringskomponenter



Fixsen, et. al. 2005, 2009



Implementeringskomponenter



Fixsen, et. al. 2005, 2009

Lite utfordringer knyttet til opplæring –

- Modellen er lett å forstå – oppbyggingen gir mening
- God teoretisk overbygning
- Består av mange elementer terapeuter kjenner og bruker
- Fint å ha noe å forholde seg til samtidig som det er rom for fleksibilitet
- I starten kvier seg for traumenarrativ komponent, men etterhvert ikke så vanskelig
- Utfordring å holde fokus og ikke gå inn i COW'S (crisis of the week)

- Trening 
- Bruker TF-CBT 

Neste utfordring

- Å identifisere traumatiserte barn

Løsning: Implementere traume-screening ved inntak –

Vi laget en enkel screening:
CATS (Child and Adolescent Trauma Screen)

- ✓ En for barn og en for foreldre
- ✓ 15 eksponerings items (overgrep, vold, ulykker m.m.)
- ✓ Symptomkartlegging (DSM-IV)
- ✓ Validerte instrumentet

(Sachser, C., Berliner, L., Holt, T., Jensen, T. K., Jungbluth, N., Risch, E., . . . Goldbeck, L. (2017).

International development and psychometric properties of the Child and Adolescent Trauma Screen (CATS).

Journal of Affective Disorders, 210, 189-195. doi:<http://dx.doi.org/10.1016/j.jad.2016.12.040>.

Child and Adolescent Trauma Screen (CATS) - 7-17 Years

Name _____ Date _____

Stressful or scary events happen to many people. Below is a list of stressful and scary events that sometimes happen. Mark YES if it happened to you. Mark NO if it didn't happen to you.

1. Serious natural disaster like a flood, tornado, hurricane, earthquake, or fire.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Serious accident or injury like a car/bike crash, dog bite, or sports injury.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Robbed by threat, force or weapon.	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Slapped, punched, or beat up in my family.	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Slapped, punched, or beat up by someone not in my family.	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Seeing someone in my family get slapped, punched or beat up.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Seeing someone in the community get slapped, punched or beat up.	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Someone touching my private parts when they shouldn't. Or making me touch their private parts.	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Someone forcing or pressuring me to do sexual things. Or having to do sexual things when I couldn't say no.	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Someone close to me dying suddenly or violently.	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Attacked, stabbed, shot at or hurt badly.	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Seeing someone attacked, stabbed, shot at, hurt badly or killed.	<input type="checkbox"/> Yes <input type="checkbox"/> No
13. Stressful or scary medical procedure.	<input type="checkbox"/> Yes <input type="checkbox"/> No
14. Being around war.	<input type="checkbox"/> Yes <input type="checkbox"/> No
15. Experienced serious threat(s) in person or online.	<input type="checkbox"/> Yes <input type="checkbox"/> No
16. Other stressful or scary event?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Describe: _____

Which event(s) are bothering you the most now? _____

Turn the page and answer the next questions about all the scary or stressful events that happened to you.

Neste utfordring: Motstand mot å spørre barn om trauma erfaringer

- Redd for å **re**-traumatisere barn som har vært utsatt
- Redd for å traumatisere barn som ikke har vært utsatt

Løsning: Fremskaffe data - Finne ut om det stemmer

Bli barn opprørte av å screenes for traumer?

Studien

- Screenet 10 157 barn/ungdom (6-18 år)
- Spurte om de ble opprørte

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Original Investigation | Psychiatry

Reported Levels of Upset in Youth After Routine Trauma Screening at Mental Health Clinics

Ane-Marthe Solheim Skar, PhD; Silje Mørup Ormhaug, PhD; Tine K. Jensen, PhD

Hvor opprørte ble de?

(n = 10157)



(ikke opprørte) 1-----2-----3-----4-----5-----6-----7 (veldig opprørte)

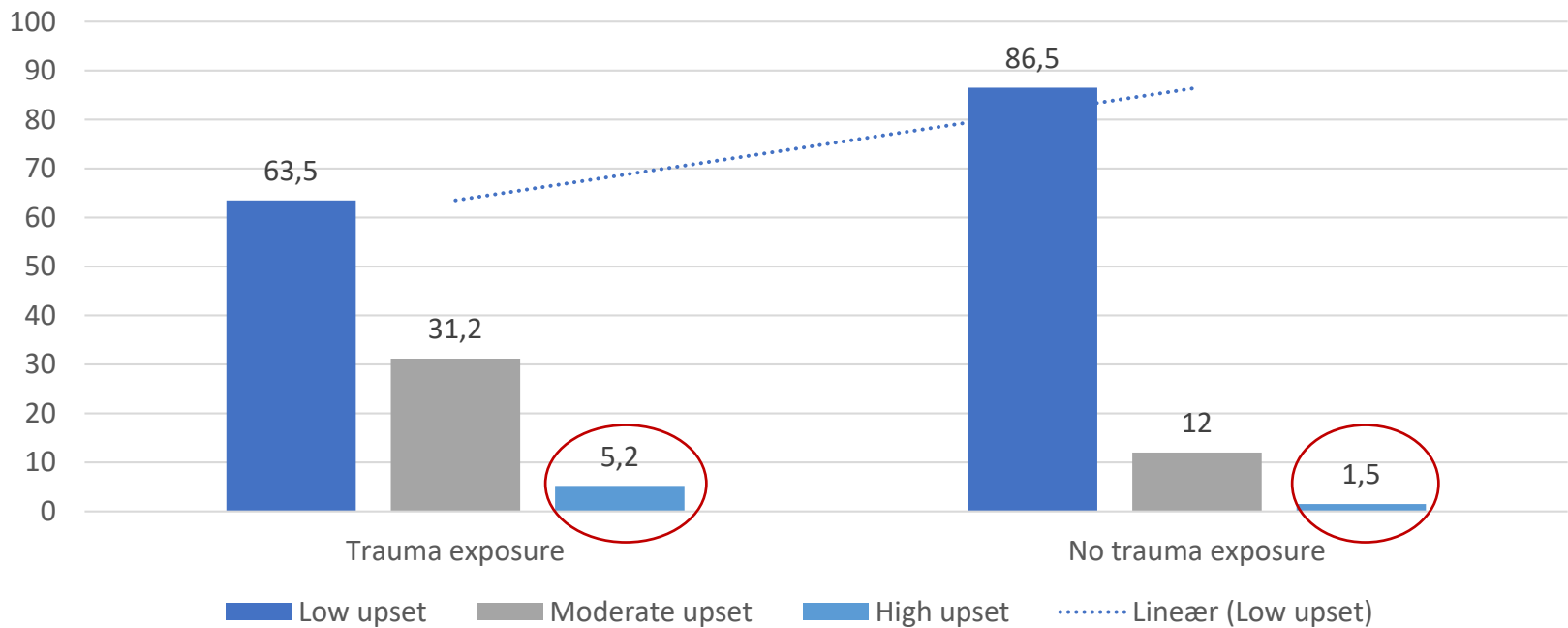
68.4%

27.2%





4.5%

M=2.18 (SD=1.56)

Opprørthet: exponerte vs ikke-eksponerte

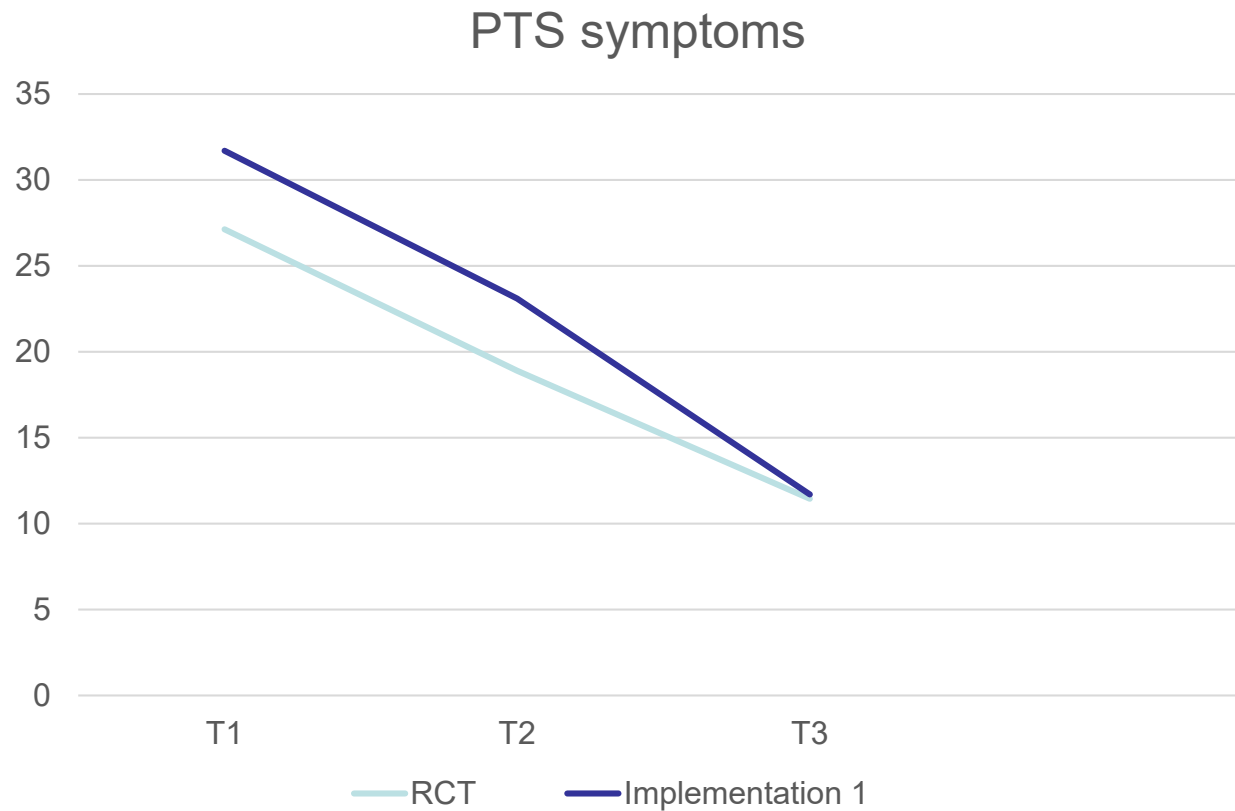


Now....






- Trening 
- Bruker TF-CBT 
- Screening 
- Utfall 

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Sustainability – Utfall



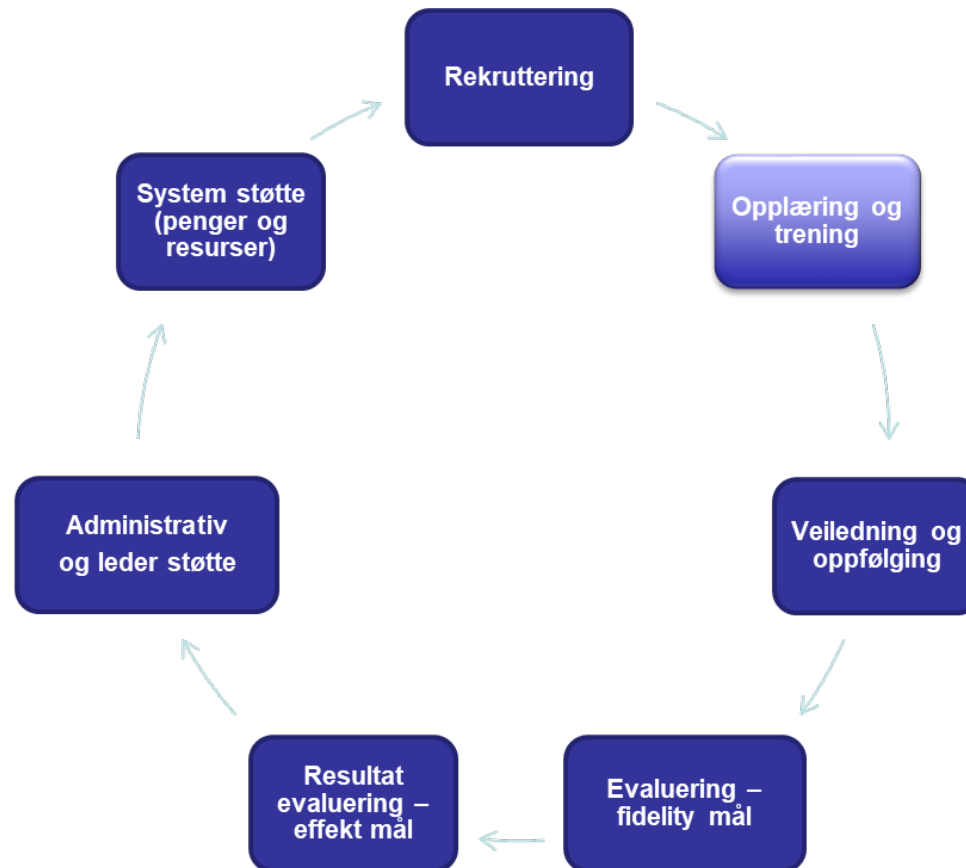
Now....

- Trening 
- Bruker TF-CBT 
- Screener 
- Følger metoden med gode resultater 
- Reach – får alle som trenger det TF-CBT 

Neste utfordring- sikre bedre systemer for klientflyt

Forsterker
Ledertrening

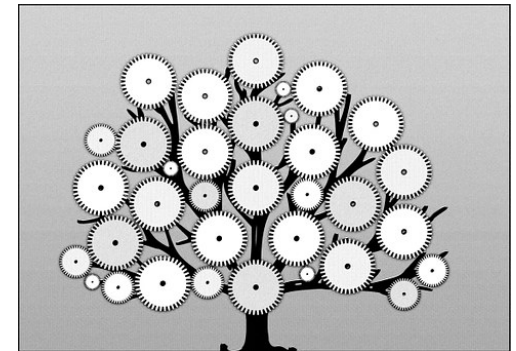
LOCI
(Aarons et al., 2017)



Oppsummering: Implementerings målkriterie =

- Klinikkens evne til å:
 - Identifisere traumatiserte (**reach**)
 - Gi terapi I tråd med modellen (**fidelity**)
 - .. over tid (**sustainability**)
 - Og redusere post-traumatisk stress (**outcome**).

- Forutsetter tilrettelegging i hele organisasjonen
- God opplæring og oppfølging
- Gode screening prosedyrer
- Utfalls målinger – med tilbakemelding
- Leder innvolvering!



Implementerings gruppen

Ane-Marthe Solheim Skar

Tine K. Jensen

Lene Granly

Camilla Nymoen

Tonje Holt

Else Merethe Fagermoen

Gry Husebø

Cecilie Ursin Skagemo

Tale Østensjø

Silje Ormhaug

Marianne Skogbrott Birkeland

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Takk for
oppmerksomheten

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