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CHILD HEALTH
AND PARENTING

Teaching Recovery Techniques

A pilot study of a group intervention for
unaccompanied refugee minors with PTSD
symptoms in Sweden

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- In 2015, over 35 000 unaccompanied refugee minors (URMs) sought asylum in Sweden
- 76% screened positive for post-traumatic stress disorder (PTSD)
- Treatment of choice: Trauma Focused Cognitive Behavioural Therapy (TF-CBT)

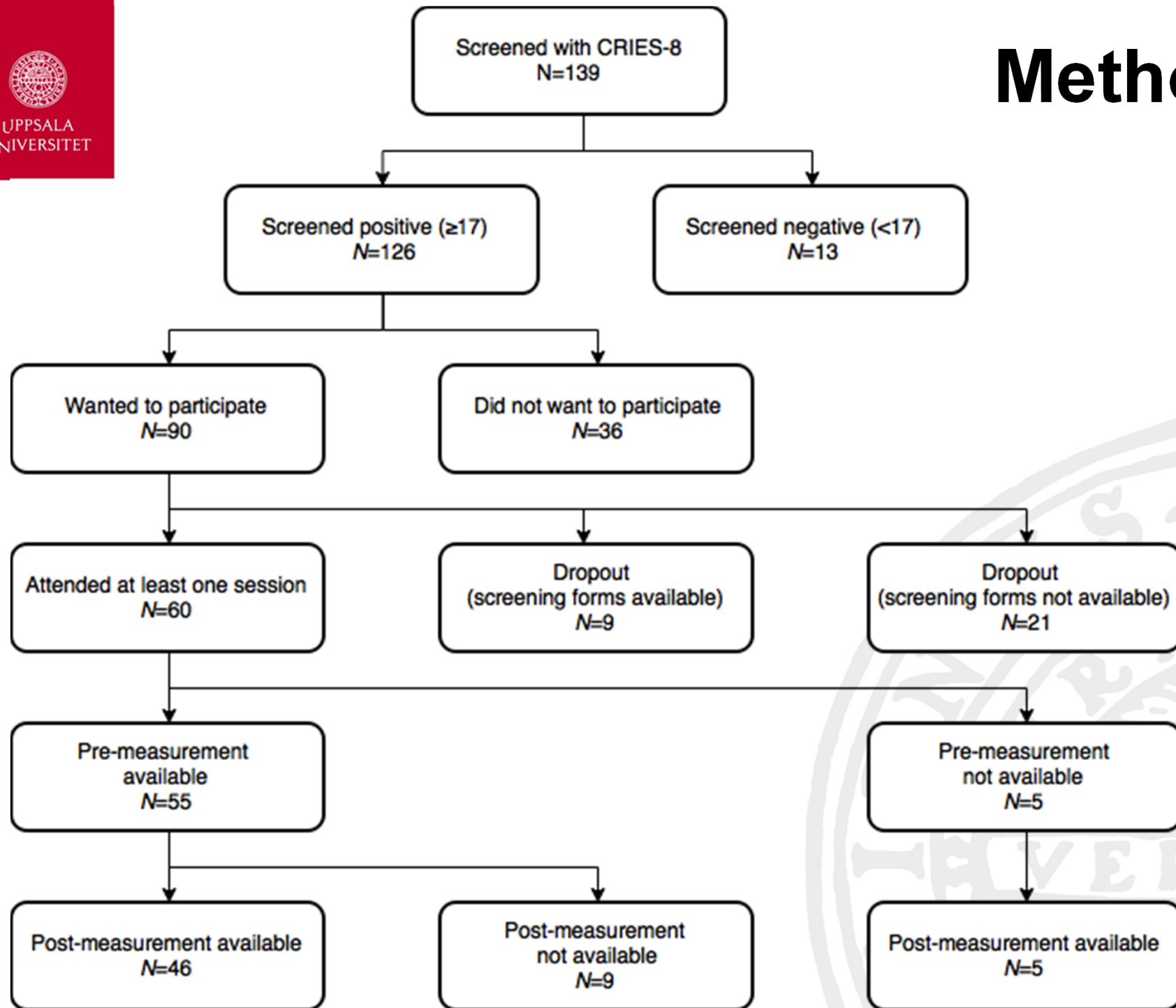
Background



Teaching Recovery Techniques

- Teaching Recovery Technique (TRT):
 - Manualised FT-CBT
 - Aims to give children better coping strategies
 - Delivered in groups: 5 sessions for children + 2 for their caregivers
 - Cascade training
 - Low cost
 - Promising results

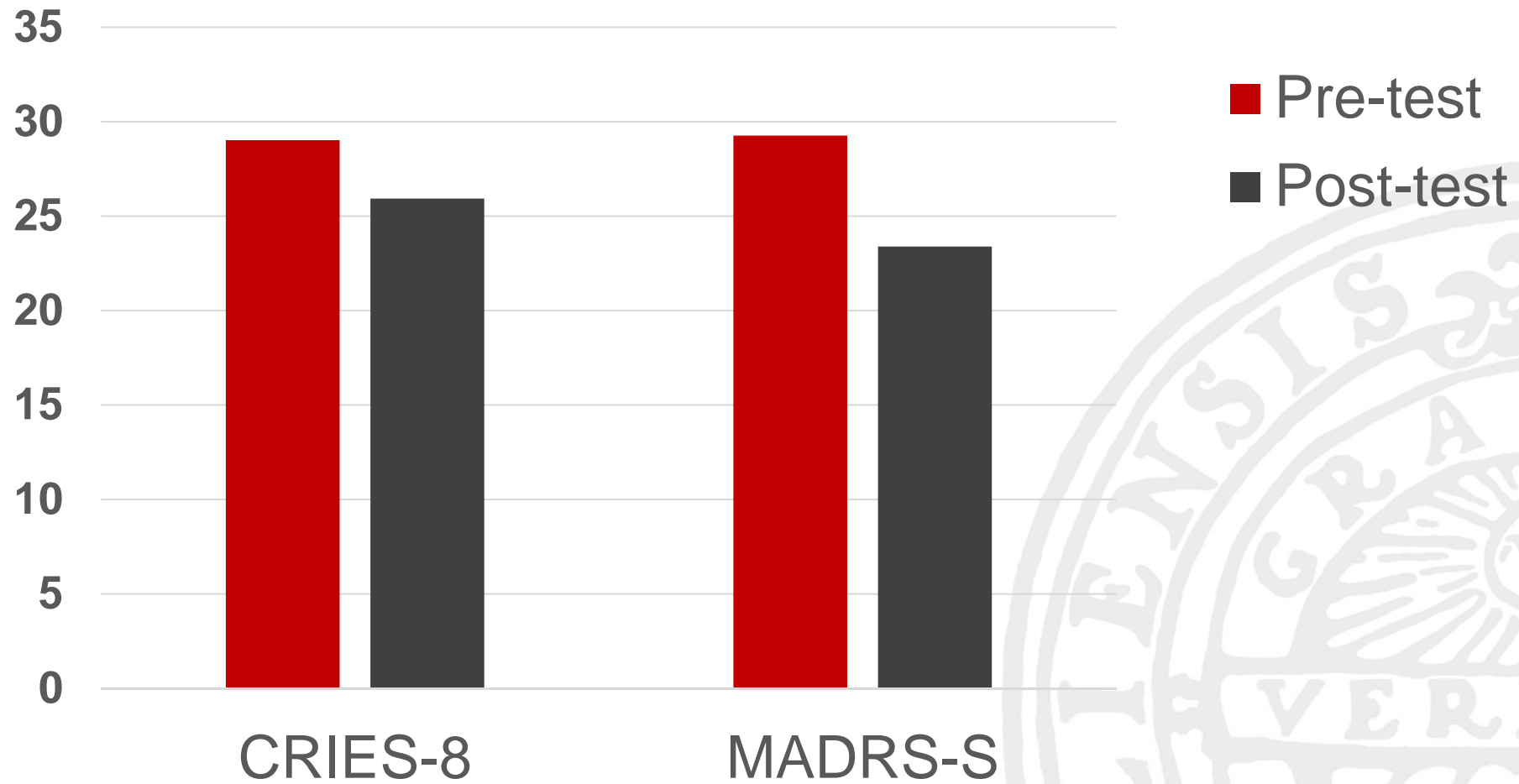
1. Evaluate the effectiveness of TRT, delivered in a community setting, on symptoms of PTSD and depression in URM
 - Children’s Revised Impact of Event Scale (CRIES-8)
 - Montgomery-Åsberg Depression Rating Scale self-report (MADRS-S)
2. Examine participants’ experiences of the program
 - Qualitative interviews





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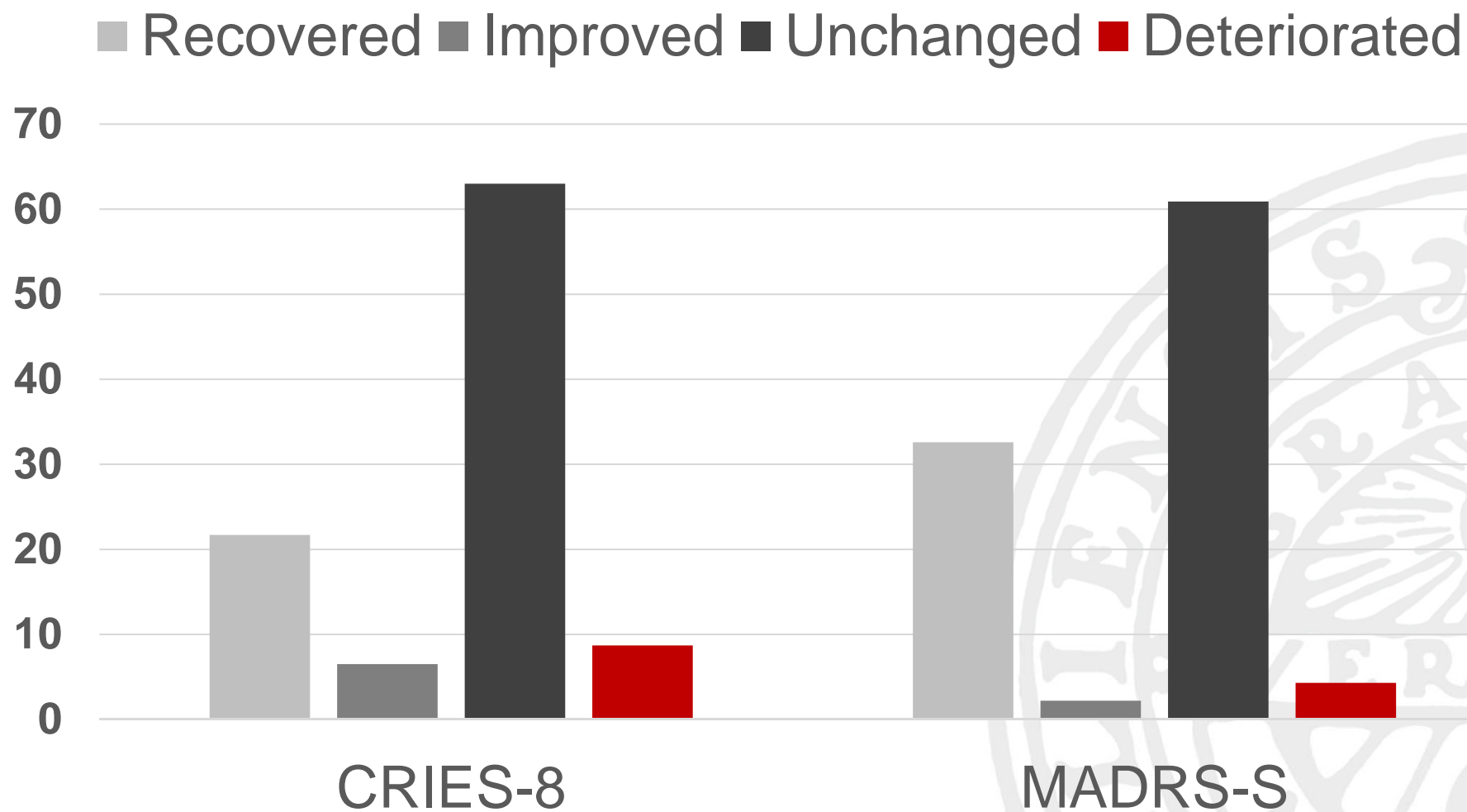
Results





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Results



The interview analysis resulted in six overall categories:

- Normalisation
- Social support
- Valuable tools
- Comprehensibility
- Manageability
- Meaningfulness



Conclusion and future direction

**TRT is a promising intervention for helping
traumatized URM**s

- Randomised controlled trials
- Longitudinal evaluation is needed
- Mediators and moderators of change
- Cost-effectiveness analyses