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informed treatments for children and adolescents with PTSD. Case study examples illustrate the use of several of these treatments, with a discussion of the clinical and ethical considerations necessary to ensure the safe and effective application of PTSD treatment for children and adolescents (Box 8.1).

8. Treatment of children and adolescents with PTSD

Trauma-based CBT has been found to be the most effective course of treatment for treating PTSD complex PTSD. The therapist helps the sufferer come to terms with their trauma by asking them to confront the traumatic memories by thinking about the experience in detail.

Cognitive Behavioral Therapy (CBT) for PTSD

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