

Workshop- Crisis support for children and teenagers

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BUP Barnahus in Stockholm is part of the BUP Trauma Unit. We are six psychologists who work here and meet children and adolescents who have been exposed to violence, sexual abuse both online and outside the internet. We work with crisis support five to eight sessions for children, adolescents, and their parents or acute homes after they have been at Barnahus for police questioning.

During 2021 and 2022, we received funds from the Stockholm region's Innovation Fund to develop a child psychiatric crisis support. The crisis support method is developed based on our experiences of meeting children and parents in crisis and based on research such as Children and Family Traumatic Stress Intervention (CFTSI) and Trauma Focused Cognitive Behavior Therapy (TF-CBT). The crisis support includes trauma assessment, psychoeducation, management of symptoms and increasing communication about symptoms and the child's well-being. Based on this, we have produced a package with a method book for crisis support as well as workbooks with psychoeducation and exercises for children, young people and their caregivers.

The crisis support method is based on a child psychiatric perspective and is intended to be used at Barnahus but also in child psychiatry, at health centers and in other organizations where you meet children in crisis after exposure to violence and/or sexual abuse.

We would like to hold a workshop in crisis support and we would like to do it by carrying out exercises and for participants to practice exercises and role plays with each other. Based on that, we wish to discuss what is helpful for the children and how to promote positive development.