

Terapia cognitiva conductual basada en el trauma para el tratamiento de estrés postraumático en población infantil

Nombres y apellidos

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RESUMEN

El Trastorno de Estrés Postraumático (TEPT) es un problema de salud mental que puede aparecer después de experimentar circunstancias que ponen en peligro la seguridad o integridad de las personas. Estos acontecimientos abarcan actos violentos, catástrofes naturales y accidentes no previstos, desplazamiento forzoso, inmigración, conflictos armados o guerras, entre otros. En ese sentido, una de las intervenciones más eficaces para tratar el TEPT en niños es la Terapia Cognitivo-Conductual basada en el trauma (TF-CBT), que aparece tras experimentar eventos que ponen en riesgo la seguridad o la integridad personal. Investigaciones indican que sus elementos claves como la autorregulación emocional, la psicoeducación, la participación del cuidador, la exposición gradual y la reestructuración cognitiva, continúan siendo efectivos en diversas circunstancias socioculturales. En ese contexto, el objetivo de esta monografía es describir la aplicación de la Terapia Cognitivo-Conductual Basada en el Trauma (TF-CBT) en el tratamiento del Trastorno de Estrés Postraumático en población infantil en el periodo comprendido desde el 2020 hasta el 2024, a partir de estudios identificados en la base de datos

Web of Science. Inicialmente, se identificaron 138 artículos de los cuales, tras aplicar los criterios de inclusión y exclusión establecidos, se seleccionaron 16 trabajos que fueron incluidos. Los hallazgos muestran una uniformidad en la metodología. La mayoría de los estudios adoptaron el modelo PRACTICE en intervenciones entre 12 y 16 sesiones, añadiendo algunos componentes culturales y lingüísticos dependiendo del lugar y, en los cuales, la participación de los cuidadores fue un factor clave. Además, la intervención demostró ser efectiva incluso en formatos breves, con terapeutas sin experiencia previa o en entornos con recursos limitados, siempre que se asegurara supervisión y adherencia al protocolo. Los estudios también resaltan la importancia de monitorear individualmente el progreso, personalizar estrategias en casos de respuesta limitada y adaptar el enfoque a contextos culturales específicos. En definitiva, los resultados expuestos por los autores destacan que este tipo de intervención no solamente disminuye los síntomas del TEPT, sino que además fomenta el desarrollo emocional positivo a través de la resiliencia y autocompasión. También, posibilita que los niños desarrollen una comprensión más sana de la experiencia traumática, lo cual fortalece el sentido de control y alivia la sintomatología ansiosa y depresiva vinculada con el trauma. La TF-CBT tiene una estructura bien definida y enfatiza la participación de los cuidadores, lo que posibilita que los padres o educadores se encarguen de la mayor parte del tratamiento. Esto también promueve, además de otras ventajas, el desarrollo de las capacidades del niño y la superación saludable de situaciones adversas.

Palabras clave: Estrés Postraumático, Trauma, Terapia Cognitivo Conductual Basada en el Trauma, Intervención, Niños.

ABSTRACT

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that may develop after experiencing events that threaten individuals' safety or personal integrity. Such events include acts of violence, natural disasters, unforeseen accidents, forced displacement, immigration, armed conflicts, and war, among others. In this regard, one of the most effective interventions for treating PTSD in children is Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), which is specifically designed to address the psychological consequences of exposure to events that endanger personal safety or integrity. Research indicates that its core components such as emotional self-regulation, psychoeducation, caregiver involvement, gradual exposure, and cognitive restructuring remain effective across diverse sociocultural contexts. Within this framework, the aim of this monograph is to describe the application of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) in the treatment of Post-Traumatic Stress Disorder in children during the period from 2020 to 2024, based on studies identified in the Web of Science database. Initially, 138 articles were identified; after applying the established inclusion and exclusion criteria, 16 studies were selected for inclusion. The findings reveal methodological consistency across studies. Most adopted the PRACTICE model, implementing interventions lasting between 12 and 16 sessions, with the incorporation of cultural and linguistic components depending on the setting, and with caregiver participation identified as a key factor. Furthermore, the intervention proved to be effective even in brief formats, when delivered by therapists without prior experience, or in low-resource settings, provided that adequate supervision and adherence to the protocol were ensured. The studies also underscore the importance of individually monitoring progress, tailoring strategies in cases of limited response, and adapting the approach to specific cultural contexts. Overall, the results reported by the authors indicate that this intervention not only reduces PTSD symptoms but also promotes positive emotional development through resilience and self-compassion. Additionally, it enables children to develop a healthier understanding of traumatic experiences, thereby strengthening their sense of control and alleviating trauma-related anxiety and depressive symptoms. TF-CBT has a well-defined structure and emphasizes caregiver involvement, allowing parents or educators to assume responsibility for a substantial portion of the treatment process. This approach, among other advantages, fosters the development of children's capacities and supports the healthy resolution of adverse experiences.

Key Words: Post-Traumatic Stress Disorder, Trauma, Trauma-Focused Cognitive Behavioral Therapy, Intervention, Children.

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