

## Abstract for

20th WADP congress / XXXIII International Symposium of the German Academy  
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco  
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male  / Female  / Diverse

Name: **Carrion**                      First Name: **Victor**

Title / Position:                      Professor

Country:                                  USA

Workshop title:                      **Cue-Centered Therapy for Youth with Posttraumatic Symptoms**

Abstract text up to 15 lines in English :

**Objective:** To introduce learners to a new evidence-based intervention that includes insight-oriented methods as a cornerstone of a psychosocial intervention for youth who experience posttraumatic symptoms. Cue-Centered Therapy (CCT) is a 14-18 session treatment that emphasizes flexibility, personalized treatment, education, and self-efficacy and empowerment. It has been shown to reduce posttraumatic and anxiety symptoms when compared to a wait-list control group, and a treatment as usual group. Treatment outcome research also demonstrates cortical activation prediction of decrease of posttraumatic symptoms.

**Methods:** Dr. Carrion will present two clinical trials demonstrating efficacy for this hybrid intervention. A clinical case will also be illustrated, as the audience is introduced to all the components and process of CCT. The audience will have the opportunity to practice key components of the intervention while Dr. Carrion assists with explanations and clarifications.

**Results:** Although cognitive-behavioral therapy interventions have been helpful in the treatment of this population, 20-50% of youth may not respond to CBT approaches. CCT offers an alternative for a subset of the population that may not a) anchor all their symptoms in one traumatic event, b) may not have caretakers willing to participate on every session, and c) may complain of somatic symptoms.

**Discussion:** Learners will discuss with Dr. Carrion applicability of this approach to their practice and management of roadblocks that may arise when treating youth with posttraumatic stress symptoms.