

Risk and Protective Factors for Symptom Reduction following Traumatic Grief Focused CBT

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Background: Although it appears evident that emotional consequences of homicidal loss merit clinical attention, options for both preventative and curative treatments are scarce. To date, few studies have examined treatments specifically targeting emotional problems of homicidally bereaved individuals. *Objective:* To offer a preliminary evaluation of the potential effects of a traumatic grief-focused out-reaching model of care. *Method:* Pre- and post-treatment data were obtained from 942 individuals who underwent traumatic-grief focused CBT provided by ASSIST Trauma Care UK designed specifically for homicide survivors. Baseline levels of PTSD, prolonged grief disorder, anxiety, depression and general functioning as well as change scores were estimated using latent growth models in Amos. Sociodemographic, therapy and homicide related characteristics were included as predictors. *Results:* A significant decline in scores was found on all measures, and effects were found on sociodemographic, therapy and homicide related characteristics, both on op baseline levels and change scores. *Conclusions:* The shown impact of several predictors on baseline and change scores underlines the importance to tailor treatment to the specific needs associated with individual and homicide related characteristics following a homicide.

Culturally Sensitive Assessment of Traumatic Grief

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Background: Migrants and refugees are at increased risk of traumatic loss of loved ones that may cause specific psychopathology. Ways of dealing with bereavement and grief are influenced by the norms of one's cultural identity. Cultural assessment of bereavement and grief is therefore needed for a comprehensive evaluation of grief-related psychopathology and for negotiating appropriate treatment (Smid et al., 2018). *Objective:* To evaluate the risk of

psychopathology related to traumatic and multiple loss in refugees and to describe a culturally sensitive assessment of traumatic grief. *Method:* We evaluated the effects of traumatic and multiple losses of family members and friends on psychopathology, disability and quality of life in Iraqi asylum seekers in the Netherlands (Hengst et al., 2018). To facilitate clinical exploration of cultural aspects of bereavement and grief, we developed a set of brief, person-centred and open-ended questions as a draft supplementary module to the DSM-5 Cultural Formulation Interview (CFI; Smid et al., 2018). *Results:* The loss of a loved one was reported by 87.6% of the sample. Traumatic and multiple losses of family members independently predicted psychopathology (Hengst et al., 2018). Cultural ways of dealing with bereavement and grief include cultural traditions related to death, bereavement and mourning as well as help-seeking and coping (Smid et al., 2018). *Conclusions:* Clinicians need to assess psychopathology related to traumatic loss in a culturally sensitive way, especially when working with migrants and refugees. The proposed supplementary module bereavement and grief to the DSM-5 CFI supports such assessment.

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Adolescence and PTSD: Perspectives on Gender, Sleep and PTSD Outcomes in Different Contexts

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Track: Intervention Research & Clinical Studies

This symposium will address epidemiological, phenomenological and treatment aspects of PTSD in adolescence, a vulnerable developmental stage associated with an increased risk for trauma exposure and a high prevalence of PTSD and co-morbid disorders. Presenters from high-, low- and middle-income countries present research findings born out of a collaboration. A longitudinal UK study will report on the emergence of sex differences in PTSS from childhood to adolescence. Sleep difficulties are pervasive in PTSD and an important treatment target in adolescence. We present data on the relationship between sleep difficulties and PTSD symptom severity in Trauma-Exposed, treatment-seeking adolescents. The findings of a pilot feasibility RCT of adolescents diagnosed with PTSD and sleep