

Abstract:

PTSD in children is a significant problem in our society. This paper addresses the psychological context, sociocultural implications, and the educational impacts of PTSD in kids. Children are able to persevere through adversity by using Cognitive Behavioral Therapy (CBT). It helps identify traumatic experiences, change emotional and behavioral responses, and can be implemented in schools.

Summary:

PTSD in children caused by physical abuse is a significant issue throughout the United States. Many parents hit, kick, or perform other types of abuse towards their children, creating an unhealthy, abusive relationship. This is a severe issue because when faced with adverse experiences, children are not emotionally developed and do not know how to cope with their trauma.

Many factors can add up to PTSD: threats, degree of threats, relationship to the abuser, support, development, and resilience. Because of this, PTSD is found to severely impact children's development. Children can have risky behavior, such as running away, committing crimes, and other abnormal behaviors. Experts agree that this has a big sociocultural impact on children. They also agree PTSD must be dealt with in a very sensitive way to not trigger the disorder further.

Since there is no specific way to cure PTSD, the best thing people can do is to help reduce symptoms. The best way to help children with PTSD is CBT. It is a combination of a talk and psychotherapy that helps them relearn how to deal with difficult situations.

CBT helps identify repressed emotions and traumatic situations that PTSD had blocked out. This is a major issue in PTSD, and by identifying trauma with a therapist, it allows the child to fully understand their situation.

CBT helps children respond to trauma in a healthy way. They relearn behaviors that have been impacted by their trauma, therefore creating healthy coping mechanisms to reduce risky behavior as a form of lashing out.

Lastly, CBT can be implemented in schools using the SMBH grant as most children get a public education. This is the best way to reach low income families. CBT can help address many issues that PTSD is causing for children, as it is a significant issue in today's society.