Title page

Childhood post-traumatic stress disorder

Darcy Maccann

Course name

Instructor’s name

Date

The chosen research topic is Childhood Post Traumatic Stress Disorder. The purpose of the research is to study prevalence of Post-Traumatic Stress Disorder (PSTD) in children and how it might impact their behaviors. The topic is not limited to examination of the factors which causes the development of this disorder but also stresses on finding the solution. Children who are victims of PSTD undergo behavioral issues which undermines their participation in normal lives and also negatively impacts their education competency. It is thus important to identify behavioral interventions that can be used for helping children with PSTD.

Research question: Is art therapy or traditional talk therapy more effective for the treatment of PSTD in children?

The research question is developed for determining the most effective therapy for helping the children with PSTD. The research aims at drawing comparison between two commonly used therapies; art therapy and talk therapy for assisting victims of PSTD. The idea of the topic states that integration of art therapy is based on the concept of engaging children with artwork. This can be effective way of training them to forget the past and focus on art. The therapy emphasizes on providing relief to the children. The talk therapy is based on the idea of encouraging children to speak. They are offered different opportunities where they express the narratives and interact with others. Both therapies have positive implications however it is important to compare the benefits and find which one is more effective.

Meshcheryakova, K. (2012). Art Therapy With Orphaned Children: Dynamics of Early Relational Trauma and Repetition Compulsion. *Journal of the American Art Therapy Association, 29* (2), 50–59.

The article uncovers the benefits of the art therapy in treating children who are undergoing psychological disorders. The source will be used for understanding how trauma negatively impacts the behavior and personalities of kids. The effectiveness of art therapy will be considered for determining its practical implications on the children. I will use this source because it has relevance to the research topic. By understanding the positive impacts of art therapy I would be able to compare it with the talk therapy and decide which one is better for children. the article explains that orphaned children are often traumatized and are unable to perform well in any aspects of life due to the horrific memories of the past. Repetition compulsion is experienced by the traumatized children because they have developed post-traumatic stress disorder and have negative feelings. They witness bad incidents in nightmare and are haunted by the memories of the past. Children face difficulty in getting rid of the old scars.

The source will be used for the current research because it provided deeper analysis of art therapy and its practical implications. Children with PSTD are suffering from fears because they continue to recall incidents of the past. Therapists have explored that art therapy can play effective role in helping the children with PSTD. Art therapy relies on the belief that by engaging children in arts and craft will allow them to feel good. Their interaction with colors, paints and other materials will provoke them to use their creativity for designing something. This will encourage them to think and use things for making artwork. Art therapy offer many benefits to the children such as it allow them to replace the negative thoughts with positive ones. The therapy is useful in stopping the repetition of the horrific events which, leads to stress and anxiety. The article reveals that children who are living in orphanages are traumatized due to their experiences of disrupted relationships. Daily art activities are arranged for providing opportunities of using colors, paints and dough. Children are encouraged to spend time on arts such as on drawing and sketching. Stress can be reduced by working with art therapists. The article is related to the research topic because it explains the techniques and resources used in art therapy for improving the mental state of children.

Said, G., & King, D. (2019). Implementing Narrative Exposure Therapy for unaccompanied asylum-seeking minors with post-traumatic stress disorder: A pilot feasibility report. *Clinical Child Psychology and Psychiatry*, 1-4.

The second article explains the role of talk therapy in helping the children who are undergoing stress disorders. The article explains that by putting children in a state of talking will make them feel better by sharing past narratives. According to the article asylum-seeking minors are more likely to witness trauma and exhibits distinctive psychosocial needs. Children who are refugees exhibits prevalence of PSTD and are unable to adapt to the asylums or childcare institutes. They continue to experience the horrible episodes of their lives that might include physical abuse, sexual abuse, trafficking and domestic violence. Talk therapy is recognized as an effective behavioral intervention for helping the traumatized children.

The article has relevance with the research topic because it provides detailed analysis of the talk therapy and its role in improving the lives of traumatized children. the source will be used for understanding how children can be encouraged to talk and share feelings which, will allow them to overcome their past experiences and regain mental health. Narrative therapy involve the strategy of encouraging children to talk about everything that makes them feel depressed. By making children talk the therapists manages to find the events or factors that had been the reason for child’s unstable state. The article conducted a pilot study by studying children who were victims of PSTD. Through interview they explained their experienced of physical abuse, physical assault, forced labor or trafficking. The intervention focused on conducting diagnosis and reading the life narrative of the children. The findings depicts that children after sharing their feelings felt better.

Nielsen, F., Isobel, S., & Isobel, S. (2019). Evaluating the use of responsive art therapy in an inpatient child and adolescent mental health services unit. *Australasian Psychiatry, 27* (2), 165–170.

The third source explores the role of art therapy in addressing the psychosocial needs of the children with PSTD. Children and adolescents who have encountered negative events in life are often unable to overcome them. The fears give birth to trauma and deteriorate the personality of victims. Art therapy has many forms that can be used for engaging children in productive activities and providing them opportunity to get rid of negative trauma episodes. Art therapy is also used for providing a vehicle to the victims to express their pain, fears and insecurities. The study examined patients of 12-18 years age who had not recovered from PSTD and continues to experience painful events. The therapist uses non-verbal art making for studying the thoughts and unconscious feelings of the participants. The findings reveals that children and adolescents who undergo trauma are more likely to create sad pictures which exhibits depression. It is also found that art can have positive impacts on helping children to express their feelings which they are unable to express otherwise.

This source is related to the research therapy because it explains how therapists use art therapy for making children express their feelings. This is an effective tool for uncovering the hidden and unconscious thoughts of the children. The source will also be used for studying how art therapy can assist victims of PSTD in becoming stable beings such as by accepting the past and moving on. By engaging children with different forms of art they will develop better sense of themselves and overcome their depression.

References

Nielsen, F., Isobel, S., & Isobel, S. (2019). Evaluating the use of responsive art therapy in an inpatient child and adolescent mental health services unit. *Australasian Psychiatry, 27* (2), 165–170.

Meshcheryakova, K. (2012). Art Therapy With Orphaned Children: Dynamics of Early Relational Trauma and Repetition Compulsion. *Journal of the American Art Therapy Association, 29* (2), 50–59.

Said, G., & King, D. (2019). Implementing Narrative Exposure Therapy for unaccompanied asylum-seeking minors with post-traumatic stress disorder: A pilot feasibility report. *Clinical Child Psychology and Psychiatry*, 1-4.