Echo from the Chair

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- The Centre d'expertise Marie-Vincent (CEMV) offers services for children aged 12 and under who are victims of sexual abuse.
- The Marie-Vincent Interuniversity Chair conducts a research program related to the CEMV's clientele that aims to:
  - Evaluate the needs and capacities of children and their families;
  - Evaluate the services offered at the CEMV;
  - Study the different developmental trajectories of children.

FONDATION MARIE-VINCENT

CENTRE D'EXPERTISE MARIE-VINCENT

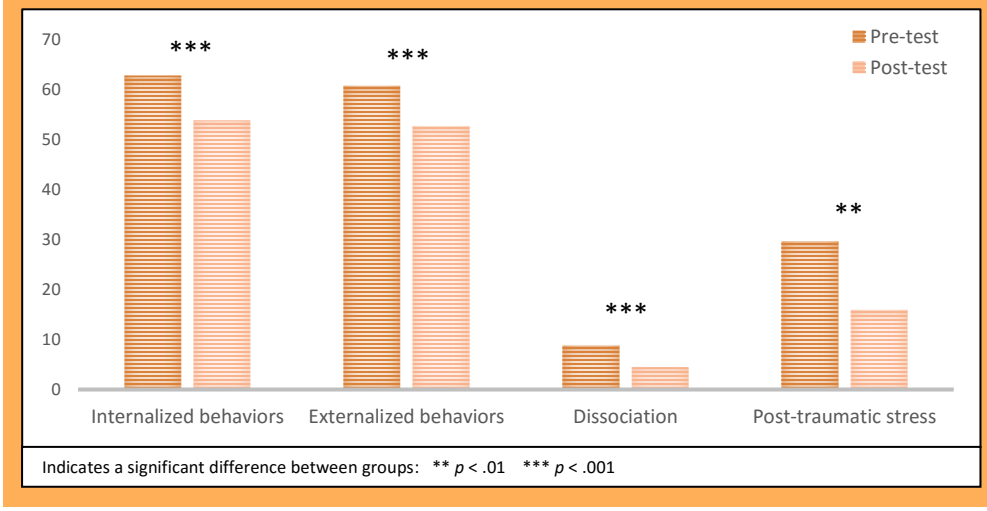
Pilot study of TF-CBT approach with sexually abused preschoolers at the Centre d'expertise Marie-Vincent

This fact-sheet describes the results of a pilot study evaluating the TF-CBT treatment (Trauma-Focused Cognitive-Behavioral Therapy, from 8 to 16 sessions) conducted among a group of 25 children attending the Centre d'expertise Marie-Vincent.

Effects of the TF-CBT treatment in children

The effects of the TF-CBT treatment offered at CEMV were evaluated among 25 children victims of sexual abuse, 15 girls and 10 boys aged 3 to 6 years. To benefit from the center's services, children had to be accompanied by a non-offending caregiver, who was the mother in 80% of cases and the father in 12% of cases. One child was accompanied by an aunt and another one by his foster mother.

Changes following the TF-CBT treatment



Indicates a significant difference between groups: ** $p < .01$ *** $p < .001$

The results show significant changes in children following the therapy. Thus, the results show a decrease in externalizing and internalizing behaviour problems, symptoms of dissociation and symptoms of posttraumatic stress following the therapy.

Marie-Vincent Interuniversity Chair on sexual abuse towards children

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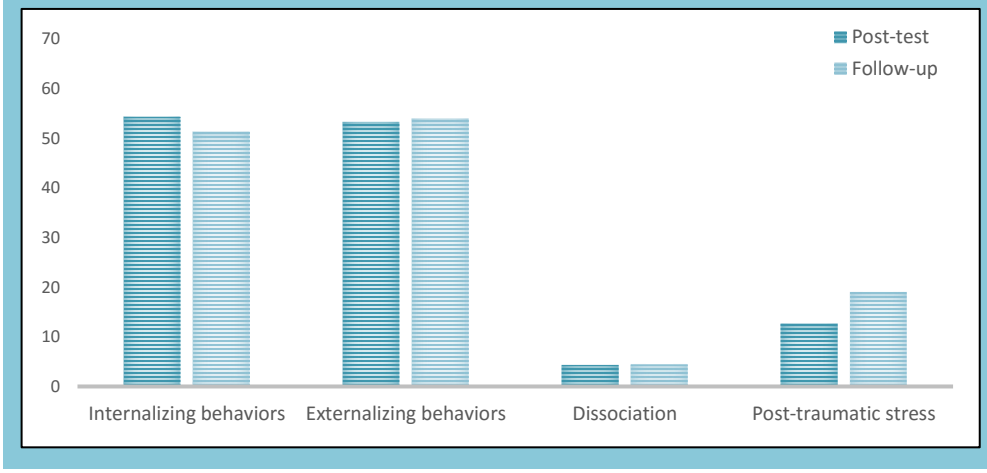
" The results indicate that the TF-CBT treatment is effective with preschoolers and their parents. "

TF-CBT outcomes 6 months after the end of tx



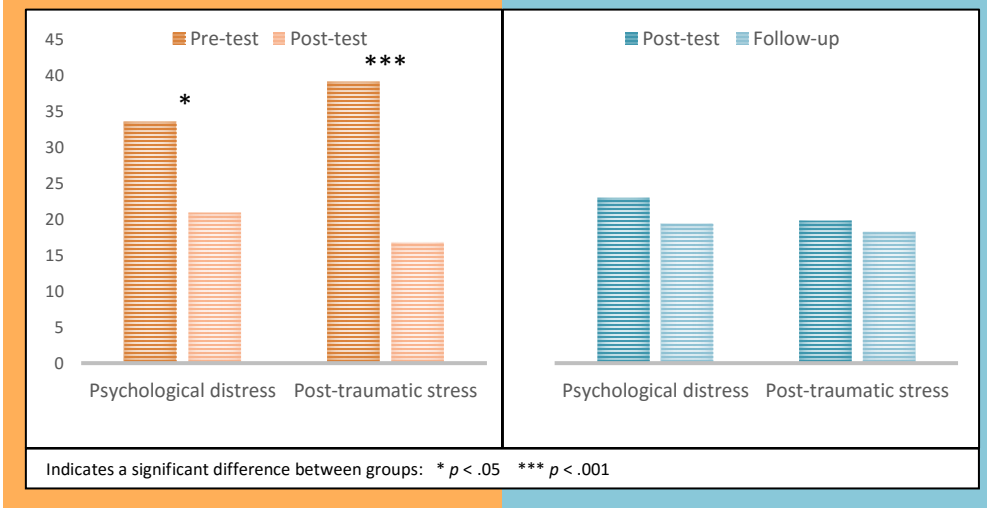
A follow-up assessment was conducted among 16 families. The results indicate that treatment effects are maintained during follow-up conducted six months after the end of treatment.

TF-CBT treatment outcomes in parents

The effects of the TF-CBT intervention were evaluated for parents accompanying the children.

Changes following treatment

Outcomes



The change analysis indicates a significant decrease in the level of psychological distress and PTSD symptoms among parents. For parents, treatment outcomes are also maintained atg the follow-up.

Reference of the original article, available in English and French:
Hébert, M., & Daignault, I. V. (2015). Challenges in treatment of sexually abused preschoolers: A pilot study of the effects of TF-CBT with preschoolers victims of sexual abuse in Quebec. *Sexologies, 24*(1), e21-e27.
Hébert, M., & Daignault, I. V. (2015). Enjeux liés à l'intervention auprès des enfants d'âge préscolaire victimes d'agression sexuelle : Une étude pilote de l'approche TF-CBT au Québec. *Sexologies, 24*(1), 41-48.