

## EVIDENCE BASE FOR CATT

- The NHS Nice guidelines recommend Cognitive Behaviour Therapy for treatment of PTSD, but that this should be adapted to be suitable for use with children.
- Children's Accelerated Trauma Treatment or CATT method developed by Carly Raby, (psychotherapy background, CBT training, specialised in trauma plus children's rights) in 2003.
- Method based on scientific evidence of the effects of trauma on the brain.
- Method transfers the memory of the traumatic event from the amygdala to the hippocampus so PTSD symptoms go.
- Carly developed CATT method using 158 case studies and adapting the method to what actually works.
- Now successfully used in UK by Respond, tier 4, CAMHS trauma teams (Manchester), BAAT, NI, and overseas.
- CATT is not specifically mentioned in the NICE guidelines as it is too new a method with random control trials not yet completed, but all the evidence suggests it is a very effective method.