

Child and Adolescent Treatment for Trauma and Sleep (CHATTS)

The Flinders Sleep and Psychology Laboratory is conducting **a research study** investigating how a combined treatment can be used to help children who have experienced a traumatic event.

What's Involved



Initial Assessment

An initial interview, questionnaires and sleep tracking one week prior to starting therapy



10 Sessions of CBT for Children

10 sessions of cognitive behavioural therapy (CBT) for sleep and trauma with a trained therapist



Follow-up Assessments

An interview, questionnaires and sleep tracking after therapy and at a 3-month follow-up

Children aged **13-18 years** can participate if they have been exposed to a trauma and are experiencing symptoms of posttraumatic stress and sleep disturbance.



Use the QR code or email CHATTS@flinders.edu.au for more information or to schedule a phone screening.

This study has been approved by The Southern Adelaide Clinical Human Research Ethics Committee (SAC HREC Approval #2023/HRE00269).

If you are in a crisis situation, please contact Assessment and Crisis Intervention Services (ACIS; **13 14 65**) or Lifeline (**13 11 14**). If your child is in a crisis situation, you can also contact Kids Helpline (**1800 55 1800**)