

Child Centered Play Therapy Application on Early Childhood Experiencing Post Traumatic Stress Disorder due to sexual Abuse

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ABSTRACT

Sexual abuse is a form of violence that is often experienced by children. Sexual abuse can have a negative impact on children. One of the negative impact of sexual abuse is Post Traumatic Stress Disorder (PTSD). This study was conducted to reduce PTSD symptoms in children who experienced sexual abuse by using Child Centered Play Therapy (CCPT). There are four stages in CCPT which is warm-up stage, aggressive stage, regressive stage, and mastery stage. This research was conducted in Jakarta to early age girl with PTSD as a result of sexual abuse. Interviews and therapy carried out by researchers from May 2014 - August 2014. Researchers using the UCLA PTSD Reaction Index for Children / Adolescents DSM - 5 Parent / Caregiver Version before and after the intervention to measure symptoms of PTSD subject. Through CCPT, subject can express their thoughts, feelings, and behaviors freely. Thus, the subject can release any negative emotions in her and through reflection given by the therapist allows the subject to think and act positively. After undergoing 12 sessions of CCPT, it reduced symptoms of PTSD subjects, as seen from the post measurement of PTSD symptoms. Before the intervention, based on UCLA measurement, subject had 18 symptoms of PTSD. But after the intervention, the subject have 0 symptom of PTSD. Based on the research result, CCPT shown to be effective in reducing symptoms of PTSD in children in early age as a result of sexual abuse.

Keywords : Child Centered Play Therapy, early age childhood, Post Traumatic Stress Disorder, Sexual abuse.