

## **National Competence Centre in Child Abuse**

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Nationellt kunskapscentrum för våld och  
andra övergrepp mot barn

Linköping University

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## Summary

Ever since its foundation, Linköping University has carried on multi and cross-disciplinary research in the field. Similarly, this university offers professional programmes designed to train tomorrow's psychologists, social workers, teachers, psychotherapists, physicians, nurses and others who in their day-to-day work help children who have been abused or otherwise mistreated. This constitutes the foundation of *Barnafrid*, the national competence centre to which this application refers.

At Barnafrid, knowledge of violence and other forms of child abuse will be disseminated, so as to contribute to improvements in preventive measures. Similarly, Barnafrid will provide training in methods of early detection of violence and other abuse of children and develop interventions to help protect and support children who have been exposed to violence.

Barnafrid shall promote interprofessional knowledge development on violence and other abuse of children, and stimulate and support collaboration between different public authorities. The operations shall also help promote networks and knowledge exchange between professionally active practitioners, researchers and ideology-driven organisations in civil society.

The target groups of Barnafrid are individuals who in either their profession or their volunteer activities:

- interact with children and adolescents, and require further knowledge on physical and other forms of abuse.
- are active within relevant public authorities and organisations and/or
- work within the framework of the operations of the child advocacy centres, regional development units, or other cooperative bodies within the field.

To enable Barnafrid to provide these target groups with proper, evidence-based, credible support, it will need, in addition a research base, a solid foundation in the type of operations that take place at the child advocacy centres - that is, legal and social services, and medical care.

## Scope

Barnafrid will operate on the basis of a broad interpretation of what child abuse is. This means that all forms of violence and abuse are included, and the work will be based on the UN Convention on the Rights of the Child. It implies that knowledge about children who are mistreated or are at risk of abuse, due to physical or mental violence or other abuse such as bullying, improper care or serious neglect, is a core concern of the centre. Moreover, Barnafrid shall have knowledge pertaining to children who have witnessed violence within the family. Knowledge of children who find themselves in other vulnerable situations, such as children with functional impairments, children who have suffered honour-related and other forms of violence and oppression, sexual abuse and sexual exploitation, and genital mutilation, is also to be found at the centre. Research and the development of evidence-based methods and approaches for various professions will take place at Barnafrid. The Centre will include both preventive interventions and interventions for children who have suffered.

## Tasks

The principal tasks of the competence centre will be:

- to identify, in collaboration with Sweden's approximately thirty child advocacy centres and other actors, needs for knowledge within the areas of operation,
- to collect, analyse and adapt to the target groups, on the basis of the identified needs, current research on physical and other forms of child abuse, and to educate and communicate information to professionals in the field,
- be in charge of monitoring developments in the surrounding community, nationally and internationally,
- in consultations with affected public authorities, organisations and researchers prepare educational communications material and initiate or carry out collaborative interprofessional trainings and courses. As much of the content as possible must be made available on the Internet.
- Identify urgent development areas and annually report on them to the government, with suggestions of appropriate measures.

Children's views and experiences will be taken into account and made visible through children's and young people's groups attached to the competence centre.

## Strengths of the application

- LiU has for many years had a well-developed cooperation with the County Council of Östergötland on these issues.
- LIU has extensive experience of research and education in the field.
- The region have two successful clinical units, Elefanten Child and Adolescent Psychiatry Clinic, Barnahus Linköping and the planned Barnahus Norrköping, which have contributed to development in the field in Sweden.
- The Elefanten Child and Adolescent Psychiatry Clinic has, combined with research at LiU, made Linköping a de facto competence centre, and has been appointed as a Swedish competence centre under the Child Centre Council of Baltic Sea States.

- application is based on a cross-disciplinary collaboration of involving three departments of Linköping University
- application is based on a collaboration with three other Swedish universities (Lund University, Linneaus University and Stockholm University).
- application is based on a collaboration with the volunteer organisations the Children's Welfare Foundation Sweden (Allmänna Barnhuset) and the Erica Foundation (Ericastiftelsen).
- application is based on a collaboration with the Swedish Family Care Competence Centre ('NKA') in Kalmar and the National Centre for Knowledge on Men's Violence Against Women (NCK)

## **General background and suitability**

Linköping University is a full university when it comes to the target group, children at risk of maltreatment or children who have experienced maltreatment. LiU has all the major educational programmes leading to professions where you meet and work with children such as education programs (programmes at all levels from preschool, pre-school class, leisure-time centre, compulsory school, upper secondary school and outdoor environmental education), psychology programme, social work programme, and health programmes (medicine, nursing, occupational therapy, physiotherapy and speech and language pathology).

The LiU units that will be actively involved in Barnafriad are presented below.

## **The Division of Child and Adolescent Psychiatry**

Since the end of the 1990s, this department has conducted research focusing on children at risk of suffering traumatic events, or who have already undergone traumatic events, neglect, physical child abuse or child sexual abuse.

There are currently two professors, one senior lecturer, two lecturers, one post-doc and eight PhD candidates in the field. The department has since 1993 produced a lot of doctoral dissertations, relevant to the field.

Over the years, the department has been successful in obtaining external research grants and serving as expert in government commissions, and figures frequently in international contexts and in the media.

The department gives a course entitled Cognitive Integrated Behavioural Therapy for Child Abuse ('KIBB'), in collaboration with Children's Welfare Foundation Sweden (Allmänna Barnhuset). The department has an international network and has participated and currently participates in several EU-funded research projects: Baltic Sea Regional Study of Adolescents Sexuality, Daphne and Safer Internet.

## **Research**

The overall research program has as its theme 'gene-environment trauma'. The research about vulnerable children came to take off in connection with the special unit BUP-Elefanten was started in 1995 and most of the following publications have come since then. Some of the publications are part of doctoral theses published or has been a part of various missions from the National Board of Health, Ministry of Social Affairs and Youth Board. The publication areas are listed below and covers broad and important aspects of targeted problems children in the focus for this application can experience. The different publications are listed in the attached Appendix 1. More publications are to be found under respective researcher's curriculum vitae.

**Content of Appendix 1:**

General topics and child neglect,	publications 1-28,
Child physical abuse,	publications 29-38,
Child sexual abuse,	publications 39-52,
Sexual exploitation,	publications 53-61,
Sexual behaviours and sexual preferences,	publications 62-72,
Trauma and dissociation,	publications 73-78,
Methods and questionnaires,	publications 79-87,
Pornography,	publications 88-92,
Sex and the Internet,	publications 93-102,
Infrequent forms of child abuse	publication 103,
Prostitution,	publications 104-112,
Young abusers,	publications 113-116,
Biological stress markers in childhood,	publications 117-125,
The legal process in child sexual abuse,	publications 126-128,
Treatment studies,	publications 129-132

**Education**

LiU runs the Child Physical and Sexual Abuse (BOSÖ) education which is a yearly course (7.5 credit points) held since 1997. This course is for anyone who comes into contact with abused children and therefore become very popular among staff working in health care, social services and now Barnahusen.

BUP-Elefanten (Larson, Enderby) has since many years given training in Trauma Focused Coognitive Behavior Therapy (TF-CBT) and are up until today the only two authorized trainers/supervisors in the method in Sweden. The education addresses child abuse, especially child sexual abuse.

Together with Allmänna Barnhuset the course Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT, in Swedish KIBB) is given for the second time. This education is the first treatment that offers a tool for social workers and health care providers to address the topic of mild to moderate intrafamilial child physical abuse in Sweden. The treatment has shown encouraging results (Kjellgren, Nilsson, Svedin, 2013) and is also linked to ongoing new studies.

At IBL (lecturer Doris Nilsson) the course Crisis and Trauma (7.5 credit points) is given since 2011 with the psychology programme. The course gives an overview on where one can encounter various crises (sick children, deaths, accidents, robbery even crises after natural disasters, etc.) and the principles of early crisis intervention (psychological first aid).

In the extensive Family Therapy Programme at IKE (90 credit points) emphasis is also put on how to handle Interpersonal Violence/Domestic Violence and child abuse and neglect.

**Division of Social Work at Department of Social and Welfare Studies**

All employees of the Division of Social Work has extensive experience in teaching at relevant training courses that social work programs and teacher training. The expertise spans a broad field, as a child - and youth and family therapy, social work, criminology, psychology, educational work, Child Studies and Ethnic Studies.

All employees have experience of cooperation with relevant actors in the field. In particular, Margaret Hydén work to develop programs and materials to work with abused (Skaraborgs Municipal Association, the National Board), as well as research based on empirical research in close collaboration with relevant, internationally as

well as internationally, Lucas Gottzéns work with the Youth Board, and Inger Ekboms operational and methodological development for vulnerable children and their families and the vast network of contacts Stockholm City has.

The Department of Social Work, through social work program together with all the municipalities in Östergötland and has built a structure for this collaboration the applied centre Barnafriid may be linked to. The department also has an ongoing partnership with the Young Station, Stockholm City in order to develop social methodology and research on children and young people who find themselves in social vulnerability.

## **Clinical and practical background**

Östergötland was one of the first two counties in Sweden that 1981 developed procedures for dealing with child abuse. Linköping has since the mid-1990s been a centre for the development of work on children and adolescents who are victims of physical and sexual abuse in Sweden. As early as 1995 the BUP-Elefanten together with BUP-Wasa in Stockholm were the two first (and still only) units in Sweden that specializes in helping children and youth who are victims of physical child abuse and sexual abuse. Linköping Barnahus ([barnahuslinkoping.se](http://barnahuslinkoping.se)) started in 2005 as one of the first Barnahus in Sweden. As a result of the early specialization (BUP-Elefanten), children and youth psychiatric care in the county has a high level of expertise when it comes to children in distress and maltreatment. This has, inter alia, manifested itself through the development of two Child Protection Teams (education and consultations within the health care system) and three Child Trauma Teams (for children who's parents are serious ill or dying) and an additional Children's Houses (Norrköping) will start shortly.

**BUP-Elefanten** was started by the Östergötland County Council in 1995 as a special unit for treatment of children and adolescents and their families. Together with children with a sexualised behaviour these children have been the main target group for the clinical work at BUP-Elefanten since then. The mission has been to participate in consultations concerning suspected cases of child physical or sexual abuse and offer these children the assessment and possible in-depth investigation and treatment. All children in Linköping and in the county of Östergötland together with children elsewhere in the country with specialist referral are offered investigation, assessment and treatment at BUP-Elefanten, in a child-friendly environment, which fosters the rehabilitation. Also children with a sexualised behaviour is a target group at BUP-Elefanten. BUP-Elefanten carries out more than 2 200 medical treatments each year.

BUP-Elefanten leads the 'National child and adolescent psychiatry Network for Sexual Abuse,' and also has a shared responsibility for the Swedish network for staff working with young people who have committed sexual abuse, as well as being a member of the European Network ESSAY (European Society Working with Sexually Abusive Youth). BUP-Elefanten is also the Swedish competence centre in the Council of Baltic Sea States, Children at Risk in the Baltic Sea Region. BUP-Elefanten is a nationally and internationally recognized highly specialized treatment unit, which in 2000 was chosen by the Council of Europe Programme for Children as a 'model of good practice'.

BUP-Elefanten runs training in Trauma Focused Cognitive Behavioural Therapy (TF-CBT) in collaboration with the CARES Institute, USA.

BUP-Elefanten and Children's Houses Linköping, together with the Children's Welfare and the CARES Institute, USA, active in developing treatment method Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT, in Swedish KIBB).

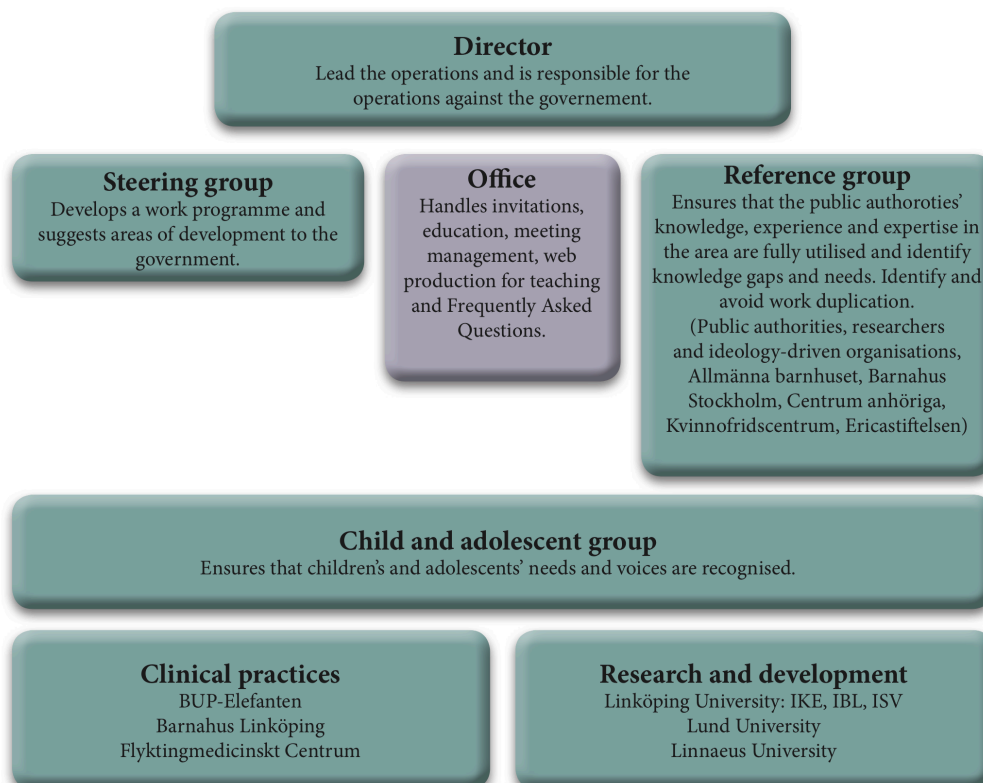


**Barnahus Linköping** (Linköping Child Advocacy Centre), started in 2005 in collaboration between, the county council, nine municipal social services, the police and the prosecution office and the regional board of Forensic Medicine and initially supported by the World Childhood Foundation.

Children's Advocacy Centre offers a safe, child-friendly environment and a multidisciplinary joint child-friendly investigation when a case of child maltreatment (physical abuse, sexual abuse and domestic violence) is reported. When notice of force or violence comes to the police or social services attention all actors involved are called to a consultation meeting. Each child is investigated at Children's Advocacy Centre, where it can also get help in a crisis. Barnahus Linköping also runs professional development and training and organizes every year Linköping Barnahusdag. Barnahus Linköping was ranked having the highest quality standard in a national evaluation of 23 Swedish Barnahus (Landberg & Svedin, 2012) In 2013 263 children passed through Barnahus Linköping.

These two units will, together with Refugee Medical Centre in Norrköping and social welfare in Linköping and Norrköping municipalities, be the clinical/practical activities primarily related to the national competence centre. At these units and together with their networks relevant ideas will be picked up. Research will be performed and the networks facilitate the possibilities for multicentre studies. Development, research and information will be disseminated through these networks.

## Organization and plan of action



## **Plan of action**

The Centre's mandate is to gather, compile and disseminate knowledge about maltreated children, to stimulate and support the development of knowledge support for active professionals who work with children and thus indirectly work to improve the approach used with, investigation around, and care of these children. And additional task of monitoring development in the surrounding community. Consequently, knowledge acquisition and knowledge dissemination are at the core of the Centre's operations. The Competence Centre's knowledge-dissemination strategy centres around its own activities, those of its cooperation partners, and networks.

## **The Internet**

Barnafrid will create information on the Internet adapted to various groups - professionals, parents, and children. This information must be easily accessible and easy to read. All material published at Barnafrid will be published here. It will also be available on the Web from Children's Welfare Foundation Sweden, the Swedish Family Care Competence Centre and the National Centre for Knowledge on Men's Violence Against Women (NCK).

## **Reports**

Barnafrid will create **two report series**. The first will be academic reports series, comprising activity reports, knowledge surveys and research reports. The second report series will consist of handbooks or so-called evidence-based advice guidelines), in various areas.

## **Conferences and seminars**

Barnafrid will arrange national conferences and seminars independently or in cooperation with the Children's Welfare Foundation Sweden, the Erica Foundation, and/or the Swedish Family Care Competence Centre.

Worth noting here are the regular meetings with the Barnahusnätverket, in which the Barnahus Days will continue to play a key role and will be co-arranged with the Stockholm Barnahus and Save the Children.

## **Networks**

The network for therapists in child and adolescent psychiatry will be supported in the continuation of its work through two or three meetings a year involving invited speakers. The aim of the network has been and is to stimulate the availability and quality development of investigations and therapy for children who have been maltreated - that is, the Centre's target group. The network also facilitates contacts between children in need and therapists in Sweden, as knowledge of where resources are located is sometimes missing. In conjunction with every network meeting, an update is presented describing recent developments in the field in Sweden and internationally.

Yet another network will be launched, one primarily aimed at investigating social services officers at Swedish social services authorities. The aim of this network will be that every municipality, and in large cities, every district, will employ its own expert in the field who will participate in the network's meetings.

The third network that will be supported is the so-called Barnahus Network, for Barnahus personnel.

All of the networks shall be supplied with a means of communicating by Internet, with support from Barnafrid.



If conditions are given the ambition is to launch an additional fourth network of teachers in Sweden.

### **Consultations**

Through BUP-Elefanten, Barnahus Linköping and Barnafriad will provide advice to parents and consultation to personnel, decision-makers and ideology-driven organisations. The scope of this is at present difficult to gauge. A question portal similar to the one for child and adolescent psychiatry ([www.bup.se](http://www.bup.se)) should be developed.

### **Internationality**

Personnel attached to the Centre shall participate in international conferences, international networks, and international research projects. Participation entails both contributing by presenting one's own experience and results, and by developing, in collaboration, regular monitoring of developments in the society generally with a bearing on the field. The international conferences should refer primarily to the international and regional conferences of the International Society against Child Abuse and Neglect (ISPCAN) and the Nordic conferences of the Nordic Association against Child Abuse and Neglect (NFBO), all of which are arranged every other year, as well as the Nordic Child Protection congresses (every three years).

### **Education**

Educational programmes will be held as previously under the auspices of the department, but in the future will also be given in cooperation with the Children's Welfare Foundation Sweden and the Erica Foundation. All three units have a good reputation as regards their programmes, such as stand-alone courses, contract education, and seminars for the target groups of the present application. The strength of this organised cooperation is that in the future Barnafriad will be able to develop joint planning and communications, and have teacher exchanges not only within the actual instruction but also in the planning and development of new programmes in accordance with the needs of the community. The staff in or linked to the center possess a high and broad multi-professional experience and competence to teach for different audiences.

In addition to the above described university courses, there is an intent to develop a special course for social services officers in risk assessment (T. Hillberg) and in the forcible placement of children in out-of-home care (M. Coccozza) - courses currently missing from social work programmes. A **programme in child protection** is currently needed within the child protection system, since the tasks are difficult and demand far more specialised training than that which social workers currently receive within the framework of social work programmes.

The social work programme is a programme that trains professionals within a broad spectrum of the scientific field of social work. The three stages of protection - reporting, investigation, and then intervention, with society acting in the role of parent - is incredibly difficult and complicated work. It requires knowledge in many areas and is thus a cross-disciplinary area of knowledge. A new programme that trains students to meet the challenge: professionals (for example, social workers, psychologists, physicians, and teachers) who after completing undergraduate training are trained within the framework of a specialist programme with the express mandate to protect and help children who are maltreated. This specialist programme would

include theory and supervised practice. After completing their undergraduate education and at least two years' work experience in the foundation occupation, the student would be qualified to apply for specialist education. A professional degree that trains child protection workers would encompass four terms of studies conducted at the rate of 25% of a full-time load (total 30 credit points).

A project designed to develop an evidence-based sex education programme for Swedish schools is being planned in cooperation with Uppsala University (Kent Nilsson, Senior Lecturer, Tanja Tyden,, Professor Magdalena Mattebo, PhD).

Disseminate knowledge of how adult teachers and parents could approach children and adolescents who have posted sexual images of themselves on the Internet or other media (Linda Jonsson). A film and information materials will be available in the second half of 2015 as a result of the EU project SPIRTO (Self-Produced Images - Risk Raking Online), [www.spirto.health.ed.ac.uk](http://www.spirto.health.ed.ac.uk)

## Competence and cooperation

### Professionals at Linköping University (CV's in appendix 2)\*

Professor	Carl Göran Svedin*	IKE
Professor	Per A Gustafsson*	IKE/LiO
Professor	Gunilla Sydsjö*	IKE/LiO
Professor	Margaretha Hydén*	ISV
Professor	Markus Heilig*	IKE
Professor	Håkan Olausson*	IKE
Senior Lecturer	Doris Nilsson*	IBL
Senior Lecturer	Marie Wadsby*	IKE
Senior Lecturer	Annika Thorsell*	IKE
Senior Lecturer	Lucas Gottzén*	ISV
Senior Lecturer	Sabine Gruber	ISV
Lector	Marie Proczkowska Björklund*	IKE/LiO
Lector	Madeleine Coccozza*	IKE
PhD	Maria Zetterqvist	IKE/LiO
PhD	Malin Gren-Landell	IKE/LiO
PhD	Eva Jonzon	IKE
PhD	Tanja Hillberg	IKE
PhD	Kristina Back	IKE
PhD student	Linda Jonsson	IKE
PhD student	Sara Agnafors	IKE/VGR
PhD student	Cecilia Fredlund	IKE/LiO

### Adjunct professionals

Senior lecturer	Anna Kaldal *	Dept. of law, Stockholm University
Senior lecturer	Gisela Priebe *	Dept. of Psychology, Lund University
Lecturer	Cecilia Kjellgren*	Dept. of Social Work, Linneaus Univ.
PhD student	Johanna Thulin	Dept. of Social Work, Linneaus Univ.

## **Project co-operation and co-ordination**

### **Swedish Family Care Competence Centre / Children as patient family members**

The Swedish Family Care Competence Centre (NKA) at Linnaeus University will collaborate with and support the establishment and operations of a national competence centre on physical and other forms of child abuse at Linköping University. The operations at NKA have been government-mandated since 2008. Since 2011, NKA have had a mandate from the Swedish National Board of Health and Welfare to support the implementation of Article 26 of the Health and Medical Services Act ([www.anhoriga.se](http://www.anhoriga.se)).

NKA's remit is to collect, compile and disseminate knowledge about family care issues, stimulate and support the development of support to family members of all ages and to engage in international exchanges.

In collaboration with competence centre for physical and other forms of child abuse, NKA can offer the projected centre a dedicated tab on the NKA website and inclusion in its steering group, and endeavour to implement common activities to conduct knowledge and information outreach. Through collaboration, plans for the operations can be coordinated so as to ensure that no overlapping occurs. Through coordination between these centres, which focus on children's vulnerability, an efficient use of resources can be achieved and dissemination of knowledge and information can be optimised by means of expanded networks.

Contact person: Lennart Magnusson, Operations Head and Researcher  
[lennart.magnusson@anhoriga.se](mailto:lennart.magnusson@anhoriga.se)

### **The National Centre for Knowledge on Men's Violence Against Women (NCK)**

NCK is a knowledge and resource centre based at Uppsala University. NCK has been commissioned by the government to increase the knowledge on men's violence against women, violence and oppression in the name of honour, and violence in same-sex relationships. The mission further includes developing methods for the treatment and care of women subjected to violence. In the NCK Internet based Knowledge Bank one can browse for information about these topics. NCK is part of Uppsala University and has a clinic for women subjected to violence at Uppsala University Hospital. The centre also runs Kvinnofridslinjen, a national helpline for women who have been subjected to threats and violence.

The purpose with the co-operation with the NCK is to share experiences using each other's channels of information, conduct joint training and development especially in the age group of young-young adults, and avoid duplication of work.

Contact person: Gun Heimer, professor, Operations Head and Researcher  
[gun.heimer@nck.uu.se](mailto:gun.heimer@nck.uu.se)

### **The Children's Welfare Foundation Sweden (Allmänna Barnhuset)**

According to its regulations, Children's Welfare Foundation Sweden, Allmänna Barnhuset, is to promote the proper care and upbringing of children who are need of special care and of an otherwise improved system of child care. For this purpose, Allmänna Barnhuset is to conduct, support or otherwise promote information and research and test new measures in the field.

Allmänna Barnhuset is a government foundation based on the vision that children living in risky life situations should be given the same opportunities to have a good upbringing as do others.

In light of Allmänna Barnhuset's regulations, its vision and the Convention on the Rights of the Child, we conduct several development projects, provide funding for research, disseminate knowledge through congresses, conferences, seminars and hearings, and publish books and reports.

Violence within families is an area on which Allmänna Barnhuset has and continues to have collaboration with a large number of actors. Some of these are named below. In cooperation with the University of Karlstad, Allmänna Barnhuset has carried out two national surveys of corporal punishment and other abuse of children in Sweden and has disseminated its results.

Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT, in Sweden called KIBB), a method that Allmänna Barnhuset is currently using in collaboration with **Linköping University** and Linnaeus University, to train therapists with parallel research.

Allmänna Barnhuset has given financial support to research on the therapeutic methods trauma-focused cognitive behavioural therapy (TF-CBT) and regular therapy. The result was published in a report (in Swedish) by Barnhuset, 'How to detect the occurrence of CAP violence in close relationships' ('Hur upptäcker BUP våld i nära relationer').

Children who live under protected personal identity details constitute an area to which Allmänna Barnhuset has contributed funding for research. Through research results and collaboration with, for example, the Children's Ombudsman, important knowledge has been identified and disseminated to key actors such as the Swedish National Social Insurance Agency, the Swedish National Tax Board, the Swedish National Agency for Education, the Swedish National Board of Health and Welfare, and the Swedish Association of Local Authorities and Regions (SALAR).

In 2014, Allmänna Barnhuset launched a communications collaboration on sexual abuse. It is expected to result in a website for children and adults, which will be launched in spring 2015.

Allmänna Barnhuset collaborates with LiU on the study (in Swedish) 'Adolescents, sex and the Internet' ('Unga, sex och Internet'), which is expected to be completed by June 2015.

Contact person: Cecilia Sjölander, Director

[cecilia.sjolander@allmannabarnhuset.se](mailto:cecilia.sjolander@allmannabarnhuset.se)

### **Erica Foundation**

The Erica Foundation has a government remit to provide university education focusing on psychotherapy for children and adolescents, as well as education in closely related areas. The Erica Foundation also has its own treatment clinic, at which it provides, by contract with the Stockholm County Council, psychotherapy for children and adolescents (ages 0-24). Both the university education and the clinical operations are integrated with the

As a future collaborative partner of a national competence centre, the Erica Foundation will primarily contribute educational operations. The Erica Foundation's broad-based, integrative operations are based in teaching, psychology and psychiatry. Based on this solid foundation of knowledge on children's and adolescents' development and life situations, both as regards normal development and in conjunction with deviations and stresses, we could contribute education for the many professions that are target groups for the knowledge dissemination of a

competence centre. This extensive knowledge of developmental and attachment theory, as well as neuropsychiatry and various forms of therapy, constitutes an important foundation for the understanding of the reactions and need for interventions of at-risk children, and of how such interventions should be designed.

The Erica Foundation's knowledge of trauma and violence toward children is currently integrated in a fairly general way in its operations. As of August 2015, however, the foundation will commence more specialised operations. We will then commence training in the trauma-focused, evidence-based method 'Child Parent Psychotherapy' (CPP) (Lieberman & Van Horn, 2005). The aim with this is that the Erica Foundation will thereafter provide training and conduct research/evaluation on the method. CPP fills a key gap in the range of therapies for vulnerable and traumatised children as it address the very youngest children, ages 0-7, and their caregivers, and can be adapted to various types of traumatic stresses in the attachment system (Lieberman & Van Horn, 2008).

Contact person: Anna Norlén, Directors of Operations and Principal  
[anna.norlen@ericastiftelsen.se](mailto:anna.norlen@ericastiftelsen.se)

### **Barnahus Stockholm**

Barnahus Stockholm, inaugurated in the summer of 2014, will be the largest child advocacy centre in Northern Europe and will have an important role in development nationally and internationally.

In a collaboration with the National Competence Centre in Child Abuse, Barnahus Stockholm can provide - as does Barnahus Linköping - a platform for development work, training, information dissemination, and research. At present, there is a collaborative research project currently in the planning stages (funding provided by the City of Stockholm) as is a long-running cooperation on future Barnahus Days.

Contact person: Anders Forsberg, Department Head  
[anders.forsberg@stockholm.se](mailto:anders.forsberg@stockholm.se)

## **Future areas**

Described below is research that is being conducted or that is planned, if the National Competence Centre in Child Abuse is located in Linköping. The presented examples of research should be seen as a way to generate own knowledge along with other national and international research and development for future knowledge development and knowledge dissemination from the center in Sweden. All research activities will be funded in other ways.

### **Society in the role of parent 1**

*'Psychiatric disorders (DSM IV) and well-being among children age 15-17 in societal care'* There is a dearth of knowledge, lack of systematic approaches to identify and treat these disorders within the Swedish child welfare system. Therefore, we plan to use diagnostic interviews (K-SADS) to assess the prevalence of psychiatric disorders (DSM IV), and other standardized instruments (Kidscreen, YSR) to assess well-being, among children age 15-17 placed in foster/residential care, using a regional population based sample (est n=300). The long-term aim is to establish a knowledge base for standardized procedures a) for assessing mental health problems among children in societal care, b) for referral to psychiatric services and c) for using measures of well-being to evaluate the care received. The main research questions are:

- What is the prevalence of different DSM IV psychiatric disorders among children age 15-17, placed in foster/residential care? To what extent are these disorders appropriately treated?
- How is the subjective well-being of these children in relation to general population peers?
- How frequent are exposures to violence/sexual exploitation and other adverse childhood experiences before/after entry into care compared to general population peers?

Are there differences between males/females in these research questions?

Researchers: C.-G. Svedin, B. Vinnerljung and A. Hjern

## **Society in the role of parent 1: The child protection system**

The aim of a cohesive research plan for studies on the three levels of the child protection system - report, investigation and intervention - is to increase and develop knowledge about the methods used.

The purpose of the study is to find out, from a systemic perspective, how the parental functions operate in theory and in practice. How familiar are the actors (group home/institution; social service; school) with the division into the various areas of responsibility? How do children/adolescents and parents experience the new situation? Are children/adolescents familiar with the various functions involved in society's parenthood?

Researchers: Cocozza, Wadsby, Hillberg

## **Interventions**

### **Combined Parent Child Cognitive Behavioural Therapy**

In Sweden staffs mainly at five Barnahus in Sweden has been educated in the model and offers treatment to families where mild to moderate child physical abuse has occurred. The study aims to gather 70 in a treatment group and 70 as controls (treatment as usual). Preliminary data is promising and are similar to those in a pilot study) (Kjellgren, Nilsson, Svedin, 2012)

Data collection in this study is ongoing and data will be presented during 2015 and 2016.

Researchers: Kjellgren, Nilsson, Svedin, Thulin

### **TF-CBT**

Trauma focused cognitive behaviour therapy for children with severe interpersonal trauma: A treatment study. TF-CBT as described by Deblinger, Mannarino and Cohen is a components-based treatment developed from cognitive-behavioural principles, trauma-sensitive interventions, attachment theories and family and humanistic theoretical models. The components particularly focus on symptoms of depression, PTSD and anxiety but also some behavioural problems are dealt with especially from a parenting-skill point of view. The different modules spell out the acronym PRACTICE: Psycho-education and parenting, Relaxation, Affective modulation, Cognitive coping, Trauma narrative, In vivo exposure, Conjoint parent-child sessions, and Enhancing safety and future development. The modules are to be adapted to each patient and their symptoms. The model is skills-based and part of the therapeutically work is supposed to occur in-between sessions when skills are to be practised at home. The efficiency of TF-CBT in Sweden has not been conducted.

Researchers: Marie Prochowska Björklund

### Evaluation of small treatment homes

A pilot study will start 2015 financed by Ersta Diakoni and run until 2017. The aim of this project is to develop a model for quality review of small institutions including a pre-post design of treatment given at the institution.

Researchers: Jonsson, Svedin

### Trafficking

On the strength of our experience of writing the report, in Swedish, 'The long journey: meetings with children believed to have been involved in human trafficking' (Den långa resan - möten med barn som misstänks vara utsatta för människohandel) (Landberg, Jonsson, Svedin, in press), we intend to continue to develop research on the therapeutic approach in the encounter with the child or adolescent victim of human trafficking.

Researchers: Jonsson, Svedin, Children's Welfare Foundation Sweden (Allmänna Barnhuset)

### Unaccompanied refugee children

In a paper required as part of medical specialist training, Lindstrand describes the traumatisation and mental-health challenges of unaccompanied child asylum-seekers (Lindstrand, in press). This pilot study showed that the unaccompanied child asylum-seekers are to a great extent traumatised (polytraumatisation) and suffer from clinical mental ill-health. A larger-scale study is urgently needed, as the number of unaccompanied child asylum-seekers coming to Sweden continues to rise and the reception of these children required ongoing and more in-depth attention.

Researcher: Lindstrand, Svedin

### Epidemiology

'Unga, sex och Internet i en föränderlig värld 2014' ('Young people, sex and the Internet in a changing world, 2014') is a study currently being carried out on commission by the Children's Welfare Foundation Sweden and the Swedish Ministry of Health and Social Affairs. The study has two primary objectives. **The first** is to follow up the two prior studies from 2004 and 2009 on adolescents' sexuality, experiences of abuse, sexual exploitation and sexual exposure. It is rather unique that a country, through a time series (five-year intervals), is given the opportunity to monitor development in the area over time and to investigate recently established behaviours while also tracking possible changes and trends in previously studied aspects. Adolescents' use of digital media such as the Internet, social media, smartphones, etc., is undergoing rapid transition. Ongoing follow-ups are therefore essential to build further on existing knowledge and provide the necessary conditions for updating preventive and supporting measures for adolescents.

**The second** is to add newly recognised behaviours areas that require attention, and these are young people's self-harming behaviours, focusing particularly on adolescents who harm themselves through sex, trafficking for sexual purposes, and bullying, with particular focus on cyberbullying.

We know from earlier Swedish research that different types of self-harming behaviour are alarming among Swedish adolescents, and that approximately 5.4% of 15-17-year-olds meet the criteria for a self-harm diagnosis (Zetterqvist et al., 2013). Another phenomenon that has been recognised recently is that some adolescents **harm themselves through sex**, with or without compensation and where the contacts between the parties are often created via the Internet (Jonsson & Lundström Mattsson, 2012). More studies are needed and questions concerning various types of self-



harming behaviours, including harming oneself through sex, will be added and will include how common it is that adolescents harm themselves through sex and what role digital media play in conjunction with this.

**Trafficking for sexual** purposes is in Sweden insufficiently studied, but a survey by the Stockholm County Administrative Board shows that the social services in 36 municipalities during the period 2009-2011 described at least 102 children who were suspected victims of human trafficking (Länsstyrelsen i Stockholm, 2012). In this study we intend to establish how many adolescents have been trafficked - that is, taken and transported between various places in Sweden (domestic trafficking) or sold by a third party for a sexual purpose (procuring). The adolescents in the survey will also be asked about their knowledge and attitudes toward trafficking.

Several Swedish and international investigations show that **bullying** in all of its forms is associated with increased mental ill-health among children and adolescents. International comparisons show that Swedish adolescents report among the lowest numbers as regards bullying in schools but significantly higher as regards **cyberbullying**. The questions we want to investigate are how common online harassment and bullying are with or without sexual content, and how often are they related to similar experiences offline. We also want to investigate how common it is that bullying is carried out by the spreading of images/video clips of a sexual nature, implying that bullying leads to sexual exploitation.

It is also important to investigate how bullying affects the adolescents exposed to it.

This cross-sectional study has just started and will produce results for the years 2015-2018 and probably end up in 1-2 dissertations and 10 papers.

Researchers: Svedin, Priebe, Wadsby, Jonsson and Fredlund

### **Children's mental health and psychological development**

This longitudinal study, the so called SESBiC study, uses both longitudinal as well as cross-sectional data and with a combination of research methods. The study aims to highlight a range of issues of importance for the understanding of different causal mechanisms through gene-environment-trauma model as well as to identify the opportunities for early preventive measures or later interventions. All 1686 children from earlier waves (3 months, 3 and 12 years) will be investigated in respect to mental health trends over time for psychiatric symptoms and behavioural disturbances as well as psychiatric diagnoses at age 20. Mental health will be studied with respect to the importance of birth characteristics, parental divorce, family finances during the child's upbringing, bullying during childhood, school situation, trauma during childhood, ethnicity, early symptoms and behaviour problems impact on later health, what type of help and support, if needed, has the young person received. Finally we will aim to identify epigenetic patterns, and genotype-mediated variations of these patterns over time in relation to trajectories of mental health and ill-health. By studying the interaction effect of constitutional factors and environmental cues in a longitudinal setting, at age 12 and 20, this will allow us to investigate the development of behavioural traits and mental illness from a dynamic bio-psychosocial perspective. We also want to study the importance of the effect trauma and negative life events have on the epigenetic make up i.e. the methylation process of the genetic expression. We have the unique opportunity to do so since the majority of the cohort was gen-tested at 12 years.

The study will start during 2015 and run for 2015-2018.

Researchers: Svedin, Sydsjö, Agnafors, Jonsson, Comasco

## **Childhood trauma and neuropsychiatry**

### **Childhood trauma and addictive disorders**

Extensive data support the notion that exposure to physical or emotional trauma in childhood increases the vulnerability for developing addictive disorders in adulthood. The Heilig group has recently examined the role of mediators such as PTSD and personality traits for this link. These studies used data from retrospective self-report. The prospective population study ABIS (All Babies in Southeast Sweden) included about 17,000 children, which are followed by parental questionnaires at 1, 3, 5, 8, and 10-12 years, and from 8 years of age also questionnaires directed to the children, as well as biological samples at birth and 1, 3, 5 and eight years. A cohort of 114 children who are part of ABIS were referred to child psychiatry services in Linköping due to documented trauma exposure is now beginning to reach early adulthood. This cohort offers a unique opportunity to establish some of the previously proposed links between early life trauma and addiction risk, using a strategy that is robust against recall and selection bias. Secondly, because addictive disorders are moderately – highly heritable, there is a considerable potential for gene x environment interactions to determine individual outcomes. We will use the cohort of prospectively followed traumatized children described above, as well as the much larger and unique ABIS general population sample (n=2500), and will use the *FKBP5* locus as a model system in which to examine sequence specific methylation as a function of trauma exposure. Finally, the Thorsell group has recently carried out a whole-methylome analysis of the ABIS sample. We will use these data as a discovery data set to identify additional loci that may be subject to sequence specific methylation as a function of early life trauma exposure.

Researchers: Heilig, Thorsell

### **Non-Suicidal Self-Injury – biological aspects**

Child/adolescent victims of physical abuse, sexual abuse and/or neglect, commonly display self-destructive and self-injurious behavior. Young people who self-harm (by scratching, cutting themselves with razor blades, etc.) say that this brings anxiety reduction and, surprisingly, no discomfort of the pain. In Linköping, Professor Håkan Olausson's group has developed a method to examine and analyze so-called "affective touch", the body contact skin to skin that is so important for the development of close psychological bonds between people, during early childhood significant for the connection between infants and parents, later in life for close relationships.

We plan to study how young people with NSSI react to emotional stimuli by exposure to pictures taken from the International Affective Picture System and slides with reference to NSSI, as well as an experimental "affective touch" method. The studies will be performed during fMRI to study brain mechanisms of the responses.

Participants' responses will also be measured with questionnaires. We hypothesize that emotional brain circuitry function, shaped through genetic, epigenetic and environmental factors respond differently in NSSI subjects compared to healthy control subjects. We will also examine asymptomatic first-degree relatives of children and adolescents diagnosed with NSSI with the aim to identify brain responses that may have a protective function against NSSI.

Researchers: Zetterqvist, Gustafsson Olausson

### **Shame and guilt**

Abuse of children increases the risk of developing PTSD. But abuse is also associated with the risk of developing other forms of mental illness such as anxiety disorder and depression. The treatment methods are evaluated for the treatment of PTSD in both children and adolescents have focused on trauma and memory that trauma has created the individual and the consequences that memory has received in the individual's life,

such as increased hypervigilance and avoidance. Mediating factors that explain the large proportion variance between those who develop PTSD and those who do not are factors such as guilt, shame and sense of broken trust. An improved understanding of emotions such as shame and guilt could help with special interventions in therapy and thus contribute to improved outcomes.

Planned work is to study guilt and shame among abused young people.

How have the concepts conceptualized in research today. Is there a validated instrument that measures the different aspects. What is the epidemiology of shame normal materials. How does it look in people who have been abused versus other psychological symptom complex. Can you treat shame specifically and what is the outcome if you do it with or without the usual trauma treatment.

Researcher: Marie Proczkowska-Björklund

## **Children's rights**

### **The child's path through children's houses - a model for the documentation and evaluation of the operations of children's houses.**

The project has as its starting point the right of children as victims to be treated on the basis of the best interests and the child's right to information. The project aims to develop a model for documentation of actions and interventions provided to the child in the Children's Houses. The intention is to capture the child's journey through the Children's Advocacy Centre, a so-called barnahuslogg. To document each child's path through childhood Advocacy Centre is significant in several respects.

1. Firstly represent the child's right / ability to get information on what happened to the child in the Children's Houses. It may be the information associated with that contact with the Children's Houses ends as well as the child later in life seeking information. A prerequisite for this is that there is documentation regarding every single child in the Children's Houses.

2. On the one hand is a prerequisite for future development work in order to achieve a business Barnahus in accordance with the best interests of the business recorded continuously. This applies both to the local infant housing opportunity to evaluate and plan their own activities as a national evaluation work.

Barnahusloggen could become a valuable tool for the cooperating authorities and even parents to meet the child's information. It can be used by social services, the prosecutors, the special representative / legal counsel and of BUP in connection crisis support. To authorities other than the investigating social services should be able to use the required consent. One possibility to consider is that children and guardians will receive a copy of barnahusloggen when the investigation is completed.

Researcher: Anna Kaldal, Åsa Landberg, Svedin

### **The children in the Children's Houses and application of the UN convention**

Through interviews with staff (23), special representatives (20) and children themselves (20, 7-14) get an idea of customized information to children and children's opportunity to be heard everything according to the UN Convention on the Rights of the Child.

Researcher: Landberg, Svedin

### **The legal process in child sexual abuse**

The experience of the legal process concerning sexual abuse for the children will be further investigated. Here are some of the questions that will be tested:

Which requirements do prosecutors find necessary to open investigation / prosecution in different parts of the country?; What is the proportion of cases that leads to prosecution / conviction?; How is the interview with the children conducted? Has

there been any crisis talks before?; What are the court procedures?; Does the child itself get to attend and speak up for their case in court?

Researchers: Back, Gustafsson

### International research co-operation

We have today a co-operation with the Crimes Against Children Research Center at the University of New Hampshire, USA (Professor David Finkelhor), University of Nottingham, UK (Professor Kevin Browne), University of Edinburgh UK (Senior lecturer Ethel Quayle) and with the Norwegian Centre for Violence and Traumatic Stress Studies, NKVTS (Associate professor Grete Dyb).

### Financial information

#### Financed by the grant

#### Salary costs in the 2014 salary level

Function	Share	Expense incl. employers' social insurance fee (51,25%) and university fee (30%)	Accumulated
Director	100%	65 tkr/månad --> 1590tkr	1 590 000
Secretary	50%	35 tkr/månad --> 375tkr	1 965 000
Information Secretary	50%	35 tkr/månad --> 375tkr	2 340 000
Lecturer	20%	45 tkr/månad --> 230tkr	2 570 000
Lecturer	20%	45 tkr/månad --> 230tkr	2 800 000
Lecturer	50%	45 tkr/månad --> 560tkr	3 360 000
Clinical PhD	50%	40 tkr/månad --> 500tkr	3 860 000
Clinical PhD	50%	40 tkr/månad --> 500tkr	4 360 000
<b>Total</b>	<b>390</b>		<b>4 360 000</b>

#### Other Costs

Reference groups meetings 4 times/year	120 000
Focus groups for children and youths including coordinator 5%	33 000
2 Workshops (70 persons)/year	90 000
Network meeting for knowledge exchange (200 persons)	120 000

**Total: 363 000**

**Webpage and other costs 277 000**

**TOTAL SUM COVERED BY THE GRANT 5 000 000**

**Co-financing from the university during 4 years**

Lecturer	100%	1 120 000
PhD student	100%	780 000
<b>Total:</b>	<b>200%</b>	<b>1 900 000</b>

**Co-financing from County Council of Östergötland**

The county of Östergötland finance, through the Child and Adolescent Clinic at the University Hospital, 20% of PhD students and the Post Docs salary. The total amount differs then with the number of PhD students and Post Docs.

**Yearly activity plans****First year**

The first half of the first year will mainly go to establish the Center meaning;

- recruit and hire staff
- providing suitable premises
- furnish and get the usual office equipment

In parallel and during the remainder of the first year;

**Establishing of groups**

- putting together a steering group which has as it's first mission to prepare and adopt a detailed action plan
- establish a reference group with representatives from public authorities, researchers and ideology-driven organisations, Allmänna barnhuset, Barnahus Stockholm, Centrum anhöriga, Kvinnofridscentrum, Ericastiftelsen
- put together one focus group for children 8-13 years of age and one focus group for adolescents 13-18 years of age

**Information structure**

- build a website for the center, which should be easily accessible and user-friendly
- developing an Internet service Frequent Asked Questions (FAQ)
- develop existing material into user-friendly information for the website

**Networks**

- organize and conduct two days of networking for the child and adolescent psychiatric network together with BUP-Elefanten
- organize and conduct two days of networking Swedish Barnahus together with Barnahus Linköping, Barnahus Stockholm and Allmänna Barnhuset

**Meeting and seminars**

- organize two reference group meetings
- organize and lead two focus group meetings with children and adolescents

- organize a research meeting and an information meeting together with staff from the two other national centers, Swedish Family Care Competence Centre / Children as patient family members and The National Centre for Knowledge on Men's Violence Against Women (NCK) (40 persons)
- organize one network meeting for knowledge exchange (200 persons)

#### Knowledge gathering

- produce the two first knowledge report (literature review) on one of the main topics (child physical abuse, sexual abuse, sexual exploitation, trafficking of children, domestic violence)

#### International meetings/conferences

- attend 1-2 international conferences and present Barnafriid

### Second year

#### Organizational meetings

- 4 reference group meetings
- organize and lead two focus group meetings each with children and adolescents respectively

#### Information structure

- Maintain and improve the website

#### Networks

- organize and conduct two days of networking for the child and adolescent psychiatric network together with BUP-Elefanten
- organize and conduct two days of networking Swedish Barnahus together with Barnahus Linköping, Barnahus Stockholm and Allmänna Barnhuset
- establish a network for social welfare workers in Sweden with members from each municipality in Sweden (n=290).
- 

#### Meeting and seminars

- organize a research meeting and information meeting together with staff from the two other national centers, Swedish Family Care Competence Centre / Children as patient family members and The National Centre for Knowledge on Men's Violence Against Women (NCK) (40 persons)
- organize one network meeting for knowledge exchange (200 persons)
- organize 2 Workshops for knowledge exchange
- 

#### Knowledge gathering and dissemination

- start the third and the fourth knowledge report (literature review) on one of the main topics (child physical abuse, sexual abuse, sexual exploitation, trafficking of children, domestic violence etc.)
- finishing the two first knowledge report and write the associate first guideline

#### Education

- develop a program (model) for induction training for staff in local authorities and schools who will work with children and youth. The program should be available on the webpage
- incorporate the education of TF-CBT and KIBB in the University curriculum and render university credit points. The educations will be run in corporation with Allmänna Barnhuset
- run the BOSÖ education (7,5 credit points)

## International meetings/conferences

- attend 1-2 international conferences and present data and information about the work with Barnafriid and the situation in Sweden

**Third year**

## Organizational meetings

- 4 reference group meetings
- organize and lead two focus group meetings each with children and adolescents respectively

## Information structure

- Maintain the website
- develop new material into user-friendly information for the website

## Networks

- organize and conduct two days of networking for the child and adolescent psychiatric network together with BUP-Elefanten
- organize and conduct two days of networking Swedish Barnahus together with Barnahus Linköping, Barnahus Stockholm and Allmänna Barnhuset
- organize and conduct a two days of networking for social welfare workers in Sweden with members from each municipality in Sweden (n=290).
- establish a network for Swedish pre-school and school teachers from all municipalities in Sweden

## Meeting and seminars

- organize a research meeting and information meeting together with staff from the two other national centers, Swedish Family Care Competence Centre / Children as patient family members and The National Centre for Knowledge on Men's Violence Against Women (NCK) (40 persons)
- organize one network meeting for knowledge exchange (200 persons)
- organize 2 Workshops for knowledge exchange
- 

## Knowledge gathering and dissemination

- start the fifth and the sixth knowledge report (literature review) on one of the main topics (child physical abuse, sexual abuse, sexual exploitation, trafficking of children, domestic violence etc.)
- finishing the third and fourth knowledge report and write the associate guidelines

## Education

- run the program (model) for induction training for new staff in local authorities who will work with children and youth. The program should be available on the webpage
- run education of TF-CBT and KIBB will be incorporated in the University curriculum and render university credit points. The educations will be run in corporation with Allmänna Barnhuset

## International meetings/conferences

- attend 1-2 international conferences and present data and information about the work with Barnafriid and the situation in Sweden

Write report to the government covering the first three years of operation



**Forth year and beyond**

After the first three years Barnafriid will be established as a National knowledge and competence center. Most programs such as networks, educations, meetings/seminar/conferences and production and dissemination of reports and guidelines should be well established and known to the public via the website, information activities in the media as well as well-known and utilized among professional who work with children and young people in Sweden should have found their form.

Each year will include basal activities, new activities initiated by the Barnafriid and as a consequence of assignments and requests from the Government and other public authorities. Barnafriid will each year conduct:

**Organizational meetings**

- 4 reference group meetings
- organize and lead two focus group meetings each with children and adolescents respectively

**Information structure**

- Maintain the website
- develop new material into user-friendly information for the website

**Networks**

- run child and adolescent psychiatric network together with BUP-Elefanten
- run the Swedish Barnahus network together with Barnahus Linköping, Barnahus Stockholm and Allmänna Barnhuset
- run the network for social welfare workers in Sweden
- run the network for Swedish pre-school and school teachers

**Meeting and seminars**

- run research meeting and information meeting together with staff from the two other national centers, Swedish Family Care Competence Centre / Children as patient family members and The National Centre for Knowledge on Men's Violence Against Women (NCK)
- run one network meeting for knowledge exchange
- run 2 Workshops for knowledge exchange

**Knowledge gathering and dissemination**

- start the two knowledge report (literature review) on one of the main topics (child physical abuse, sexual abuse, sexual exploitation, trafficking of children, domestic violence etc.)
- finishing the two knowledge report and write the associate guidelines

**Education**

- run the program (model) for induction training for new staff in local authorities who will work with children and youth. The program should be available on the webpage
- run education of TF-CBT and KIBB will be incorporated in the University curriculum and render university credit points. The educations will be run in corporation with Allmänna Barnhuset

**International meetings/conferences**

- attend 1-2 international conferences and present data and information about the work with Barnafriid and the situation in Sweden