

## PTSD Cartoons

version 6/16/08

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Modified from Neugebauer et al., (1999).

This set of 19 cartoons was modified from the Darryl cartoons created by Richard Neugebauer, Ph.D. The original Darryl cartoons<sup>1</sup> depicted acts of community violence with one man assaulting another. I expanded this concept with the artist Carol Peebles who modified the central boy character, added a central girl character, and drew the scenes of domestic violence and motor vehicle accidents. Other cartoons have since been created by others as needed by tracing or mimicking her work as templates.

We used the cartoons with preschool-age children to educate them about posttraumatic stress disorder (PTSD) symptoms, beginning with an NIMH-funded clinical trial in 2005 (R34 MH70827). Our main goal was to teach them that these behaviors are symptoms. This contrasts with the original purpose of the Neugebauer cartoons, which was to interview school-age children to find out if they had symptoms of PTSD (Neugebauer et al., 1999).

For the education process to work optimally, the cartoon trauma scenes need to be individualized to each child's personal trauma. That is why the Darryl scenes of community violence were not the best suited for children who had other types of traumatic experiences. If a child you are working with has a trauma experience that does not match one of the scenes in these cartoons, you have my permission to replace the scenes in the thought bubbles with a drawing of your own. If you share your creation with anyone else, you must add in writing somehow on the cartoon that it was your modification so that neither Scheeringa, Peebles, nor Neugebauer are credited and/or held responsible for your effort.

- Michael S. Scheeringa  
mscheer@tulane.edu

Neugebauer, R., Wasserman, G. A., Fisher, P. W., Kline, J., Geller, P. A., & Miller, L. S. (1999). Darryl, a cartoon-based measure of cardinal posttraumatic symptoms in school-age children. *American Journal of Public Health, 89*, 758-761.

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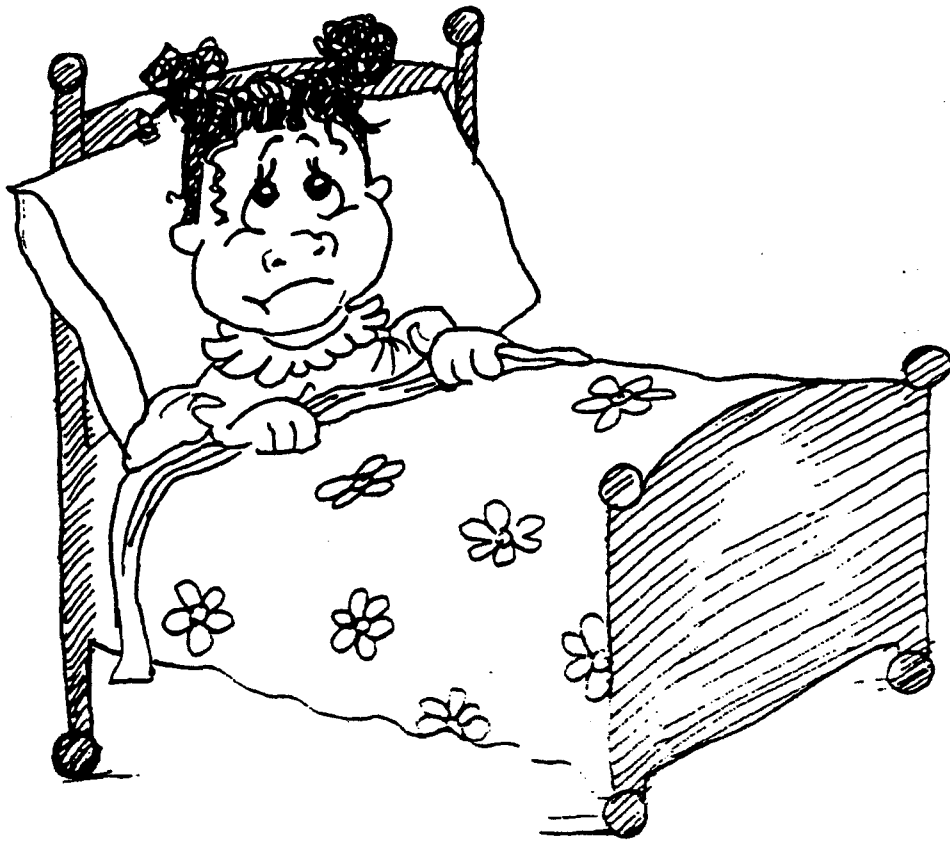
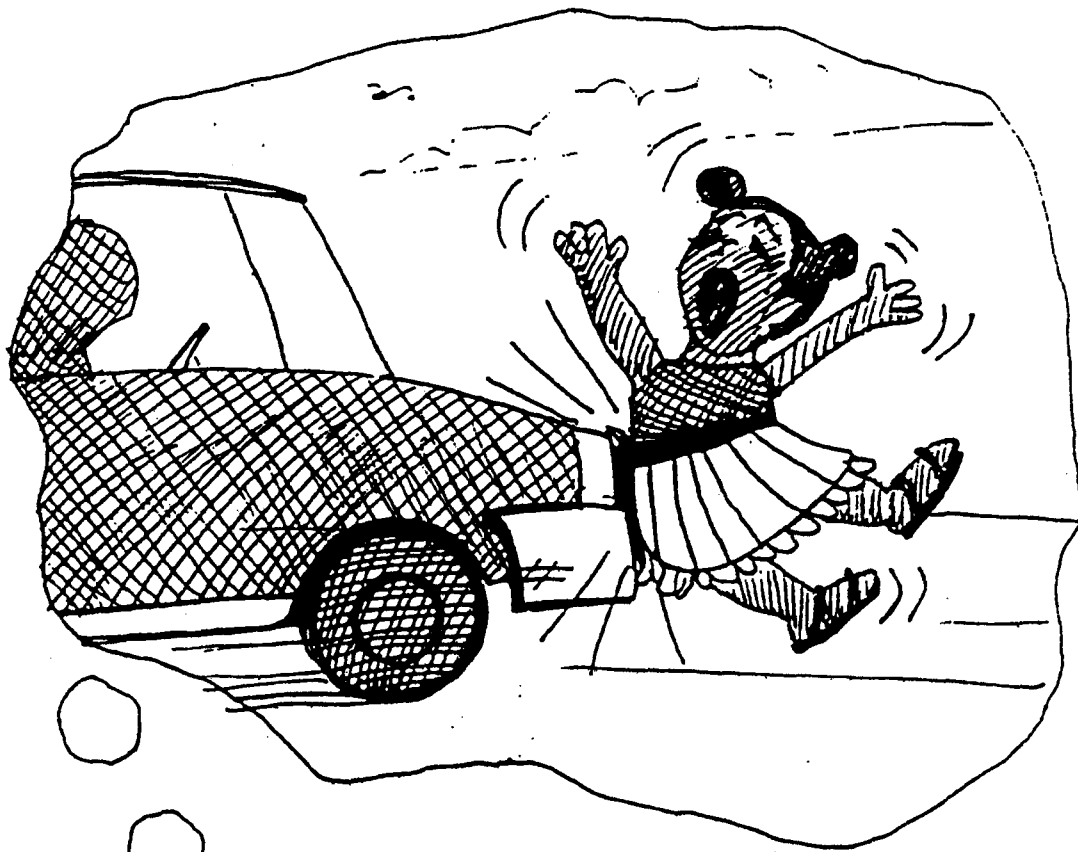
<sup>1</sup> Available from Dr. Neugebauer, rn3@columbia.edu.



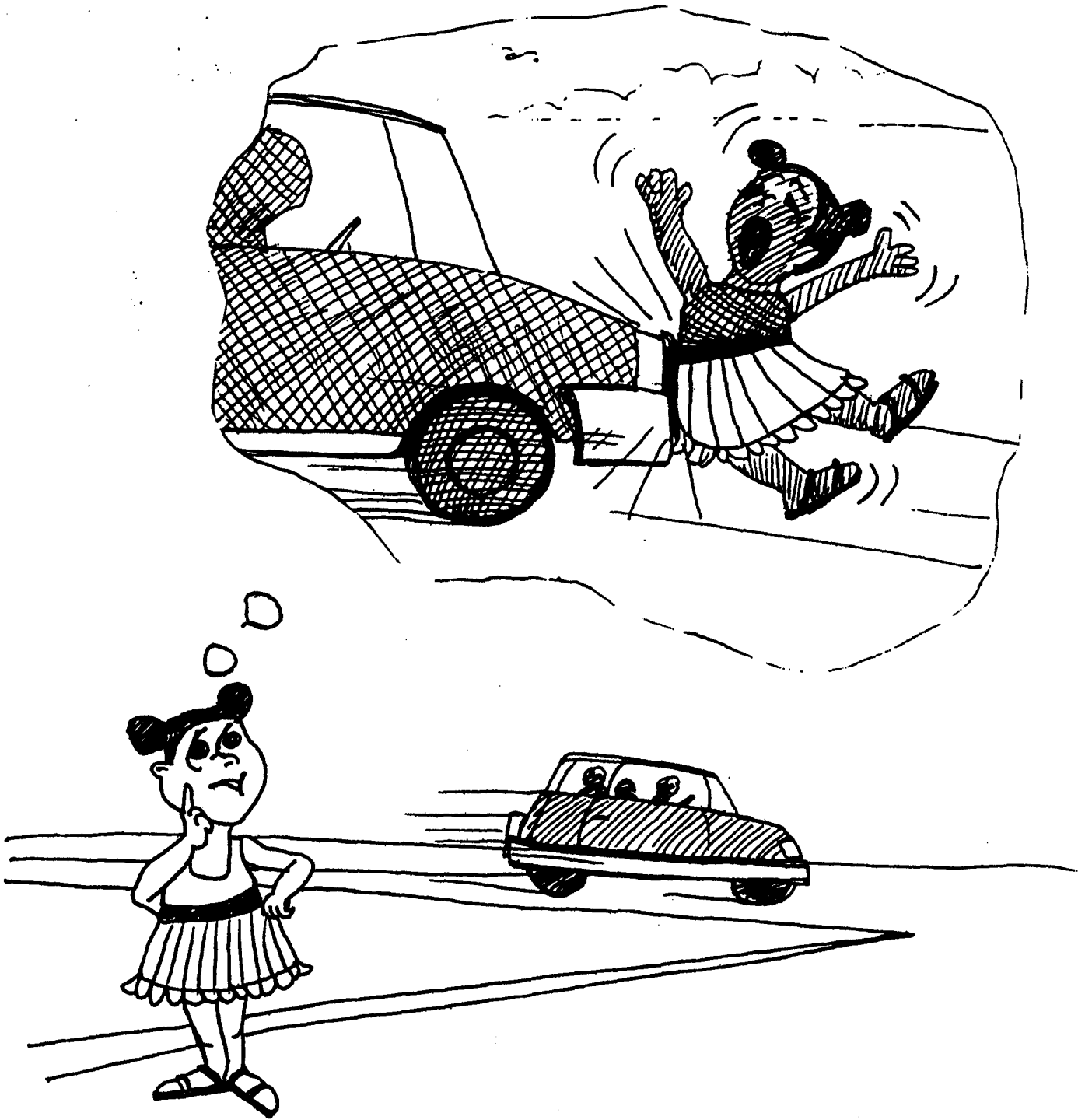
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Intrusive recollections, i.e., thinks about it when she doesn't want to.

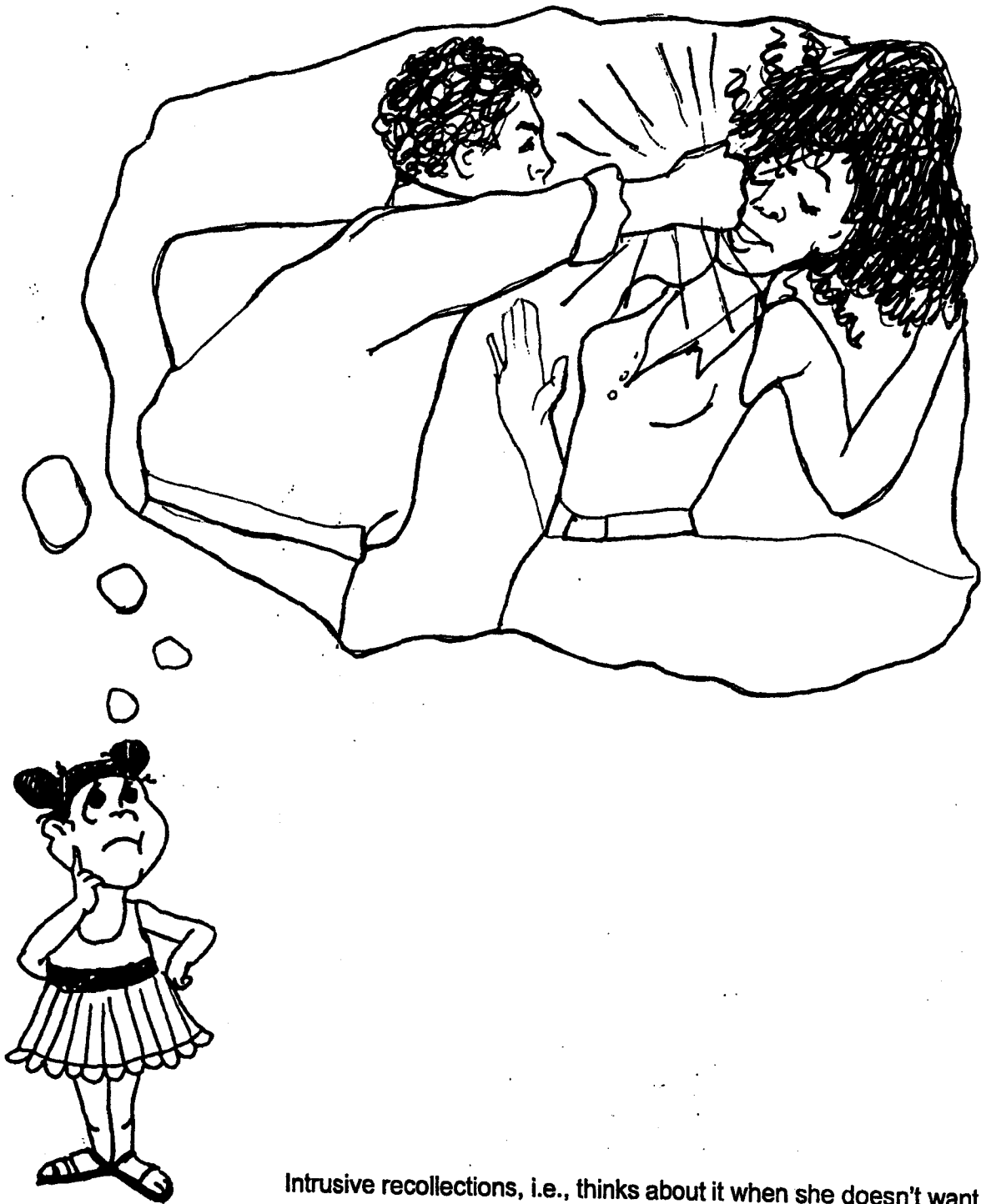


Nightmares.

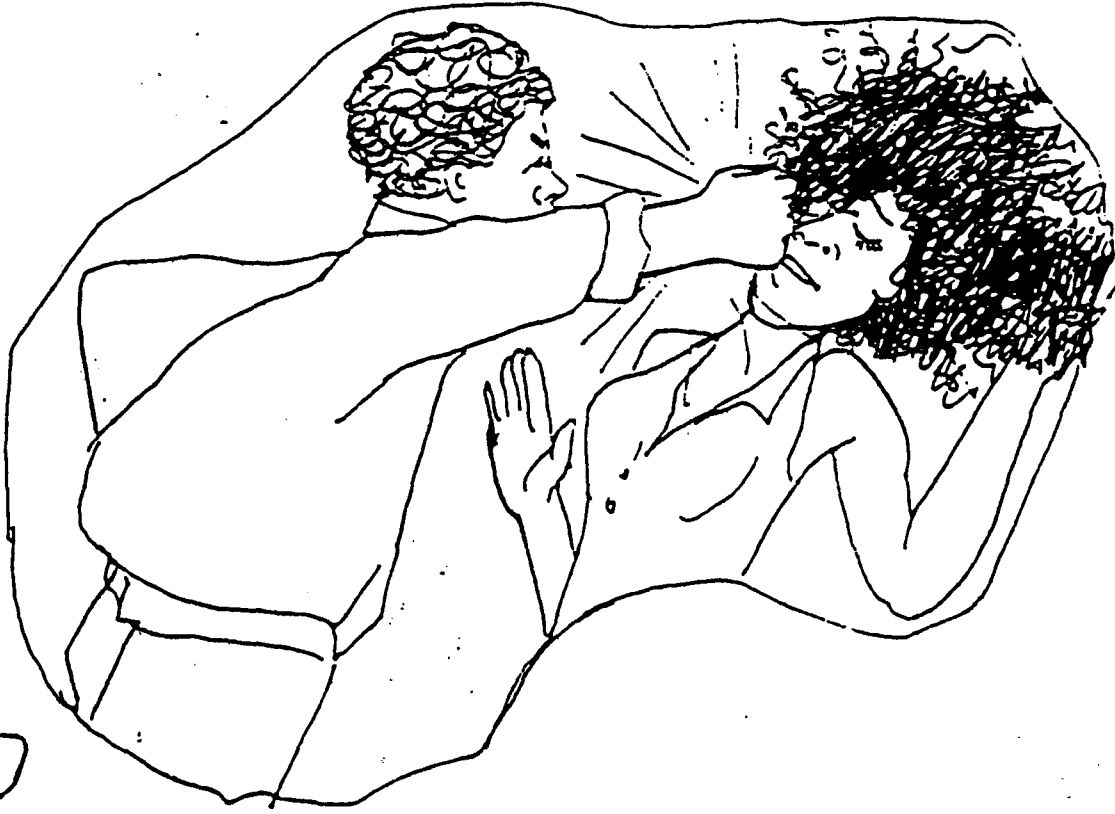


Distress at reminders.

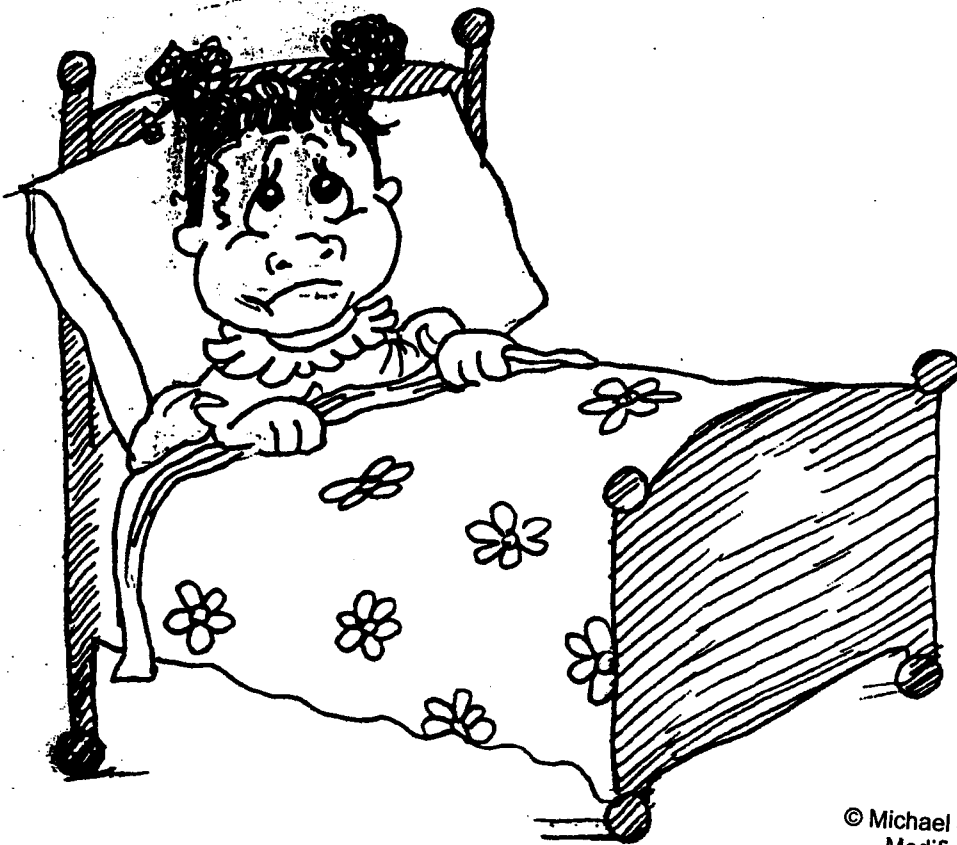
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Nightmares.



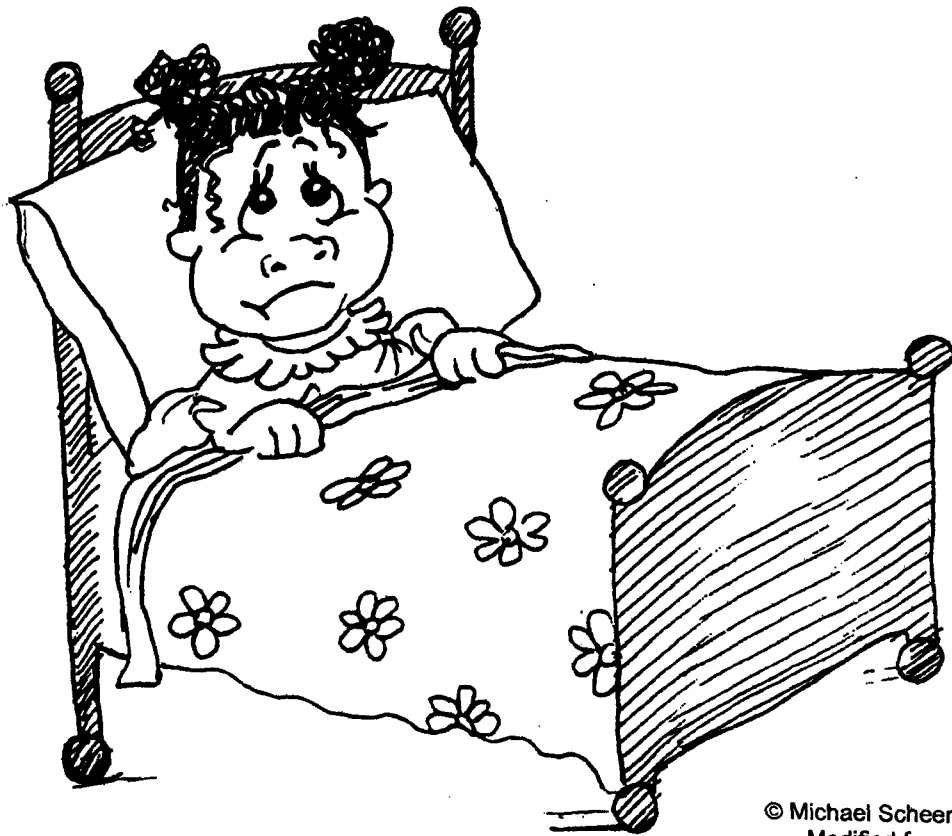
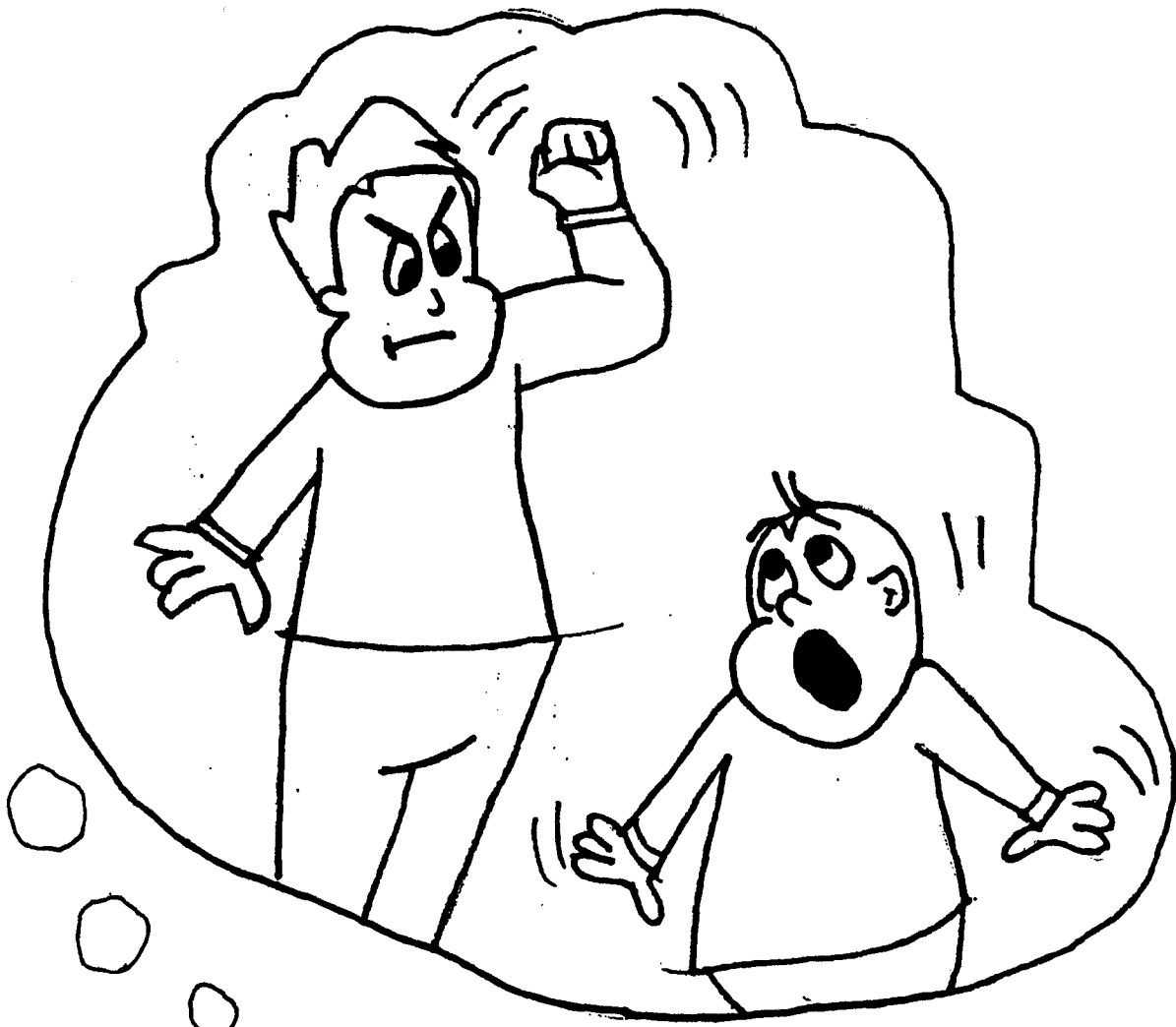
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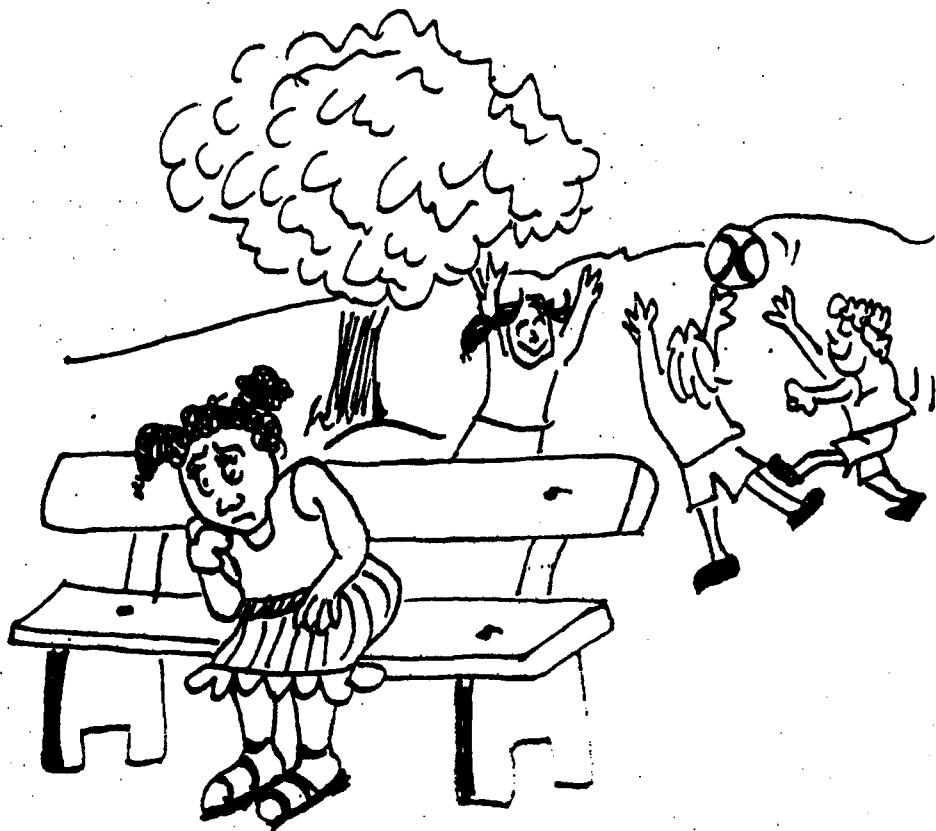




Nightmares.

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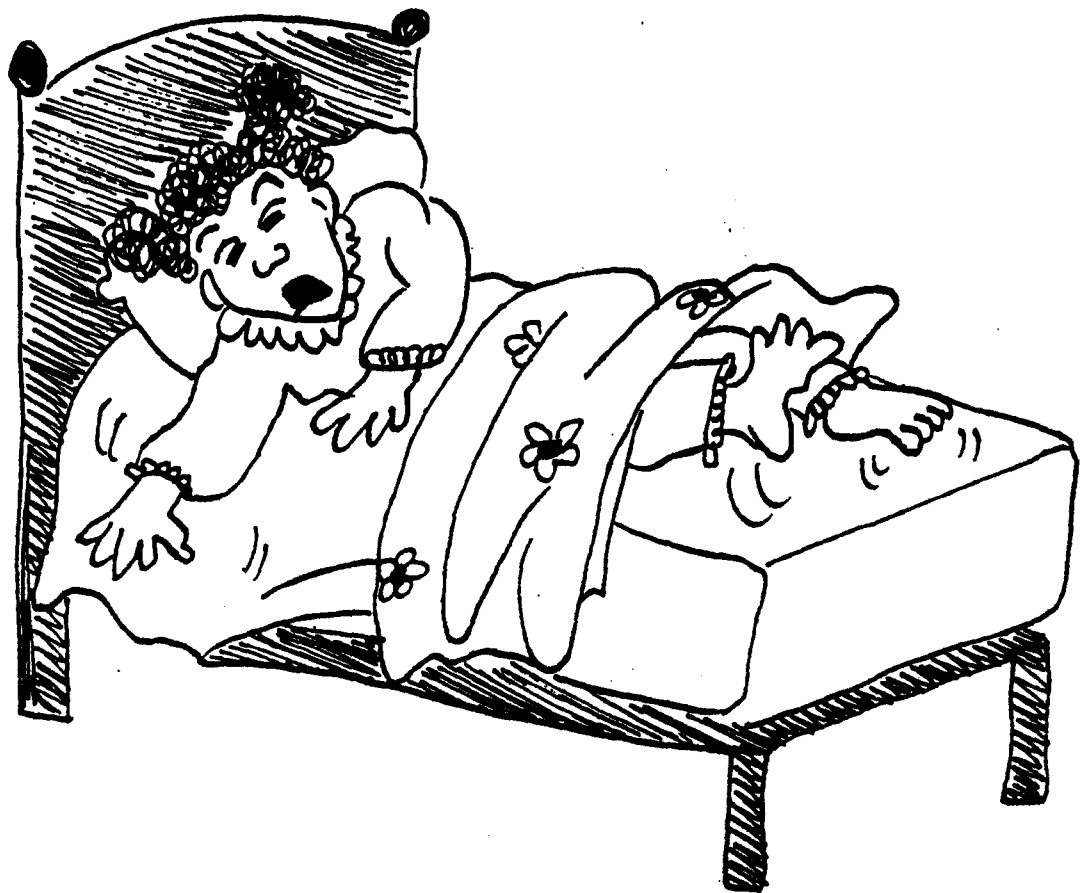
Loss of interest in usual activities, i.e., constriction of play.

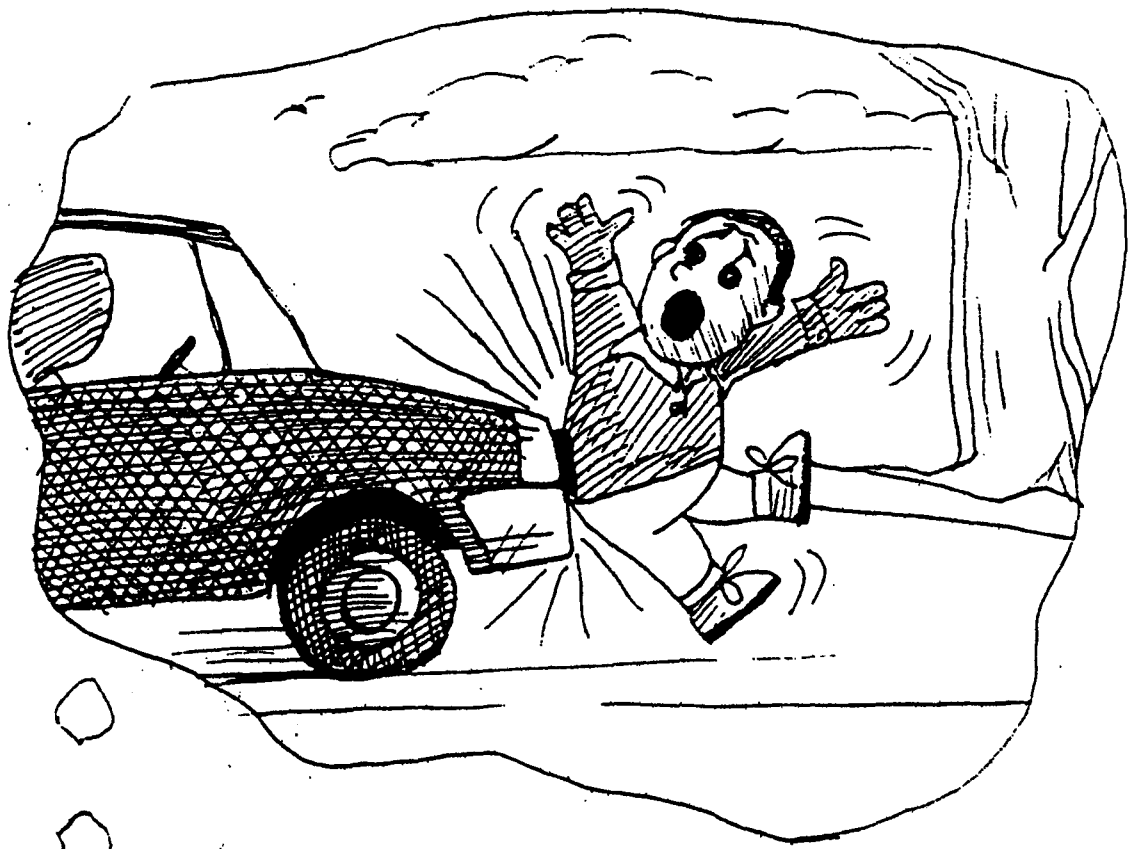


Irritability or outbursts of anger. Extreme temper tantrums.

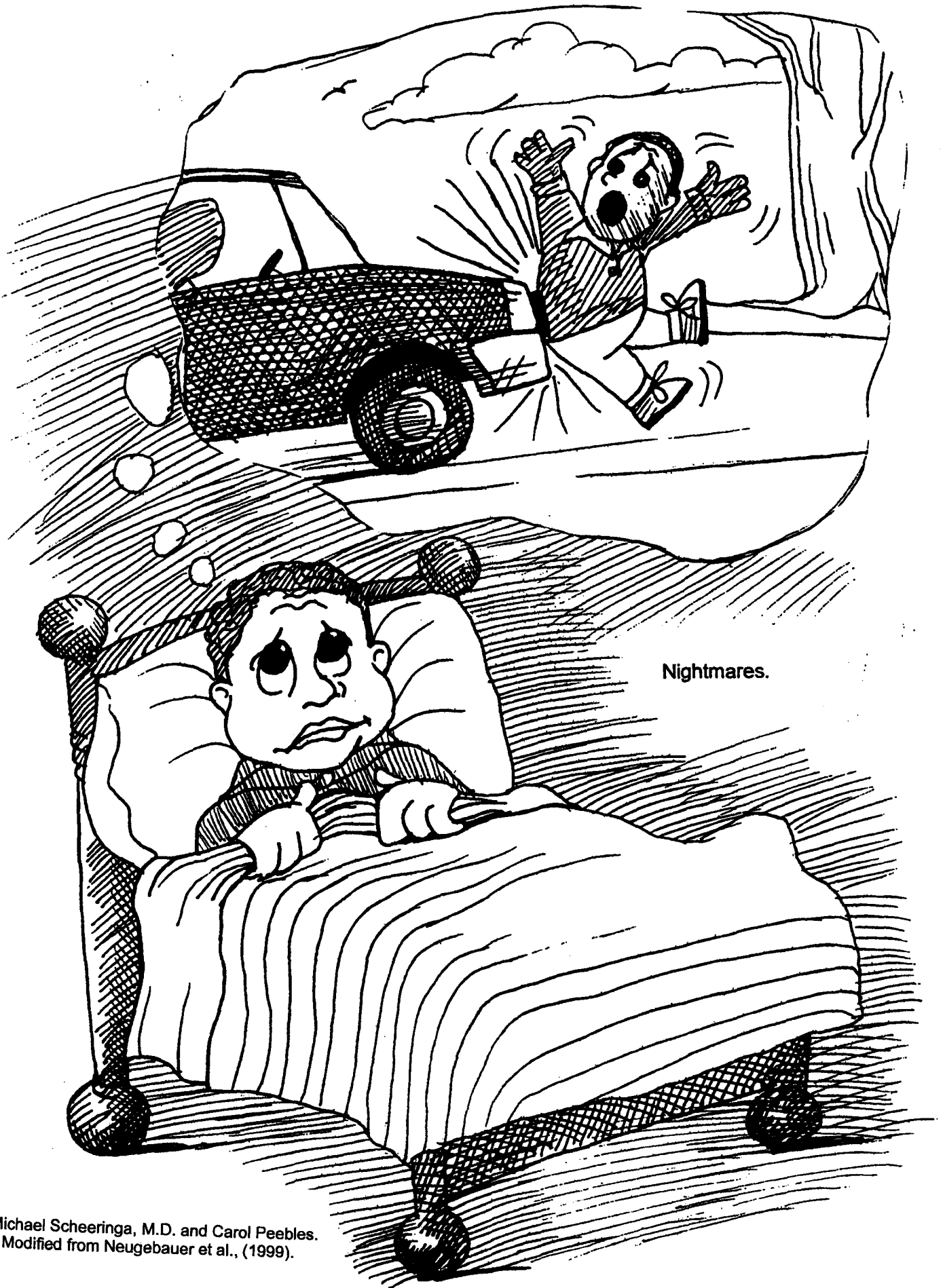


Difficulty sleeping.



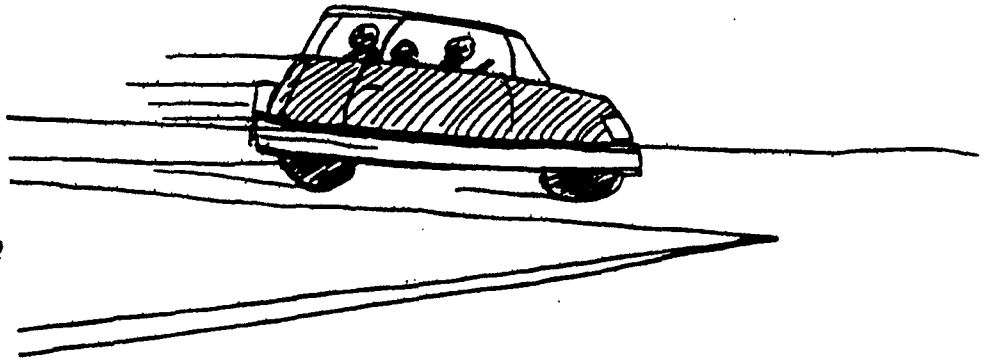
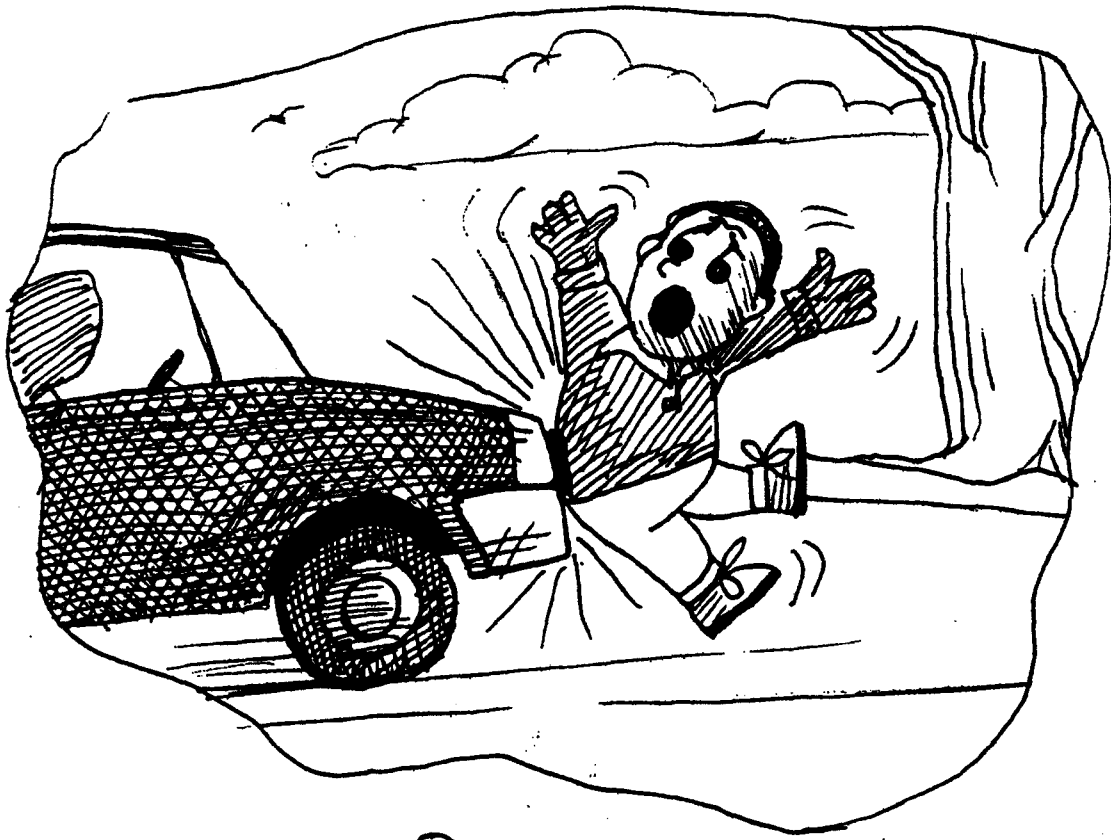


Intrusive recollections, i.e., thinks about it when he doesn't want to.



Nightmares.

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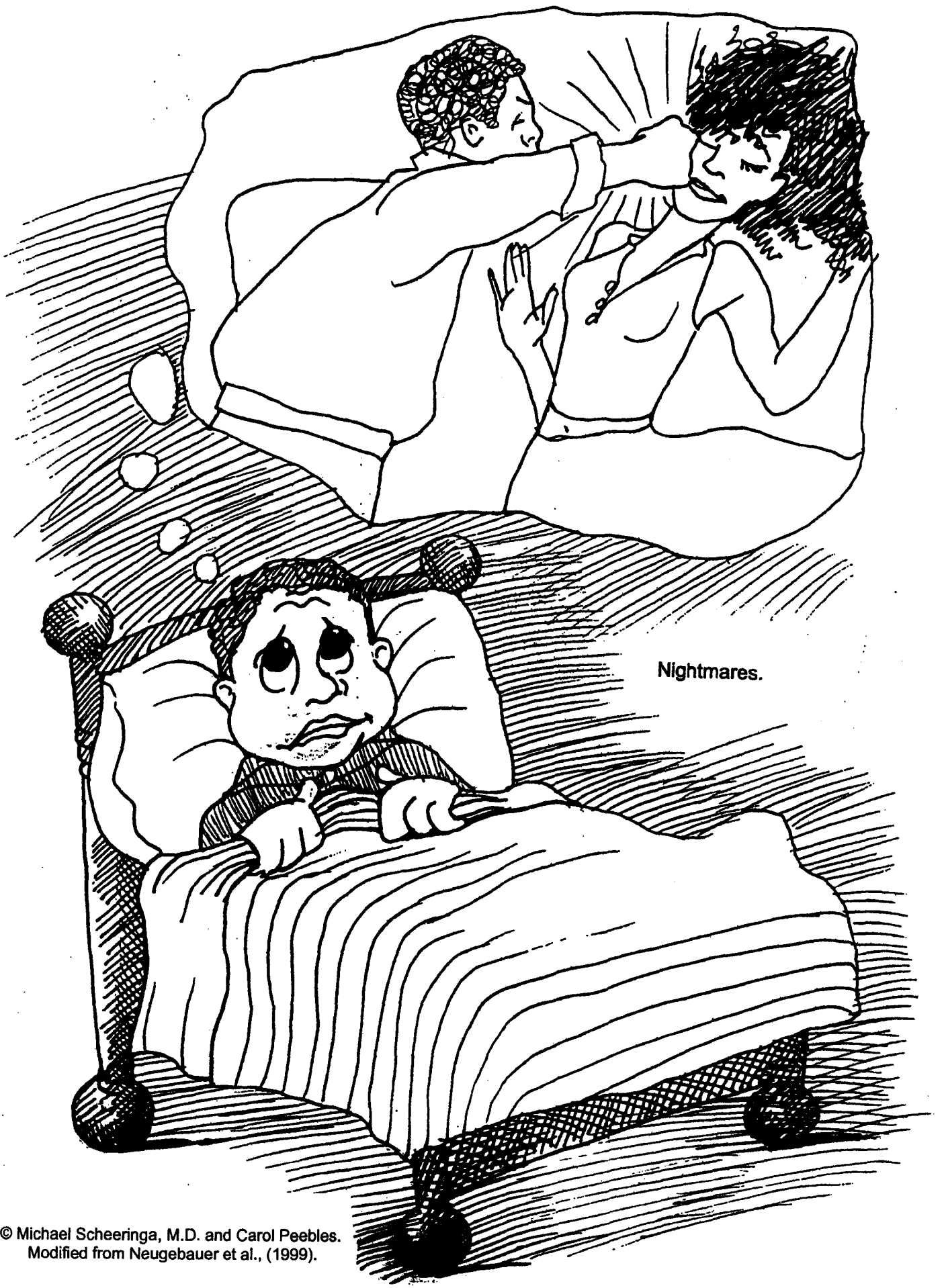
Distress at reminders.



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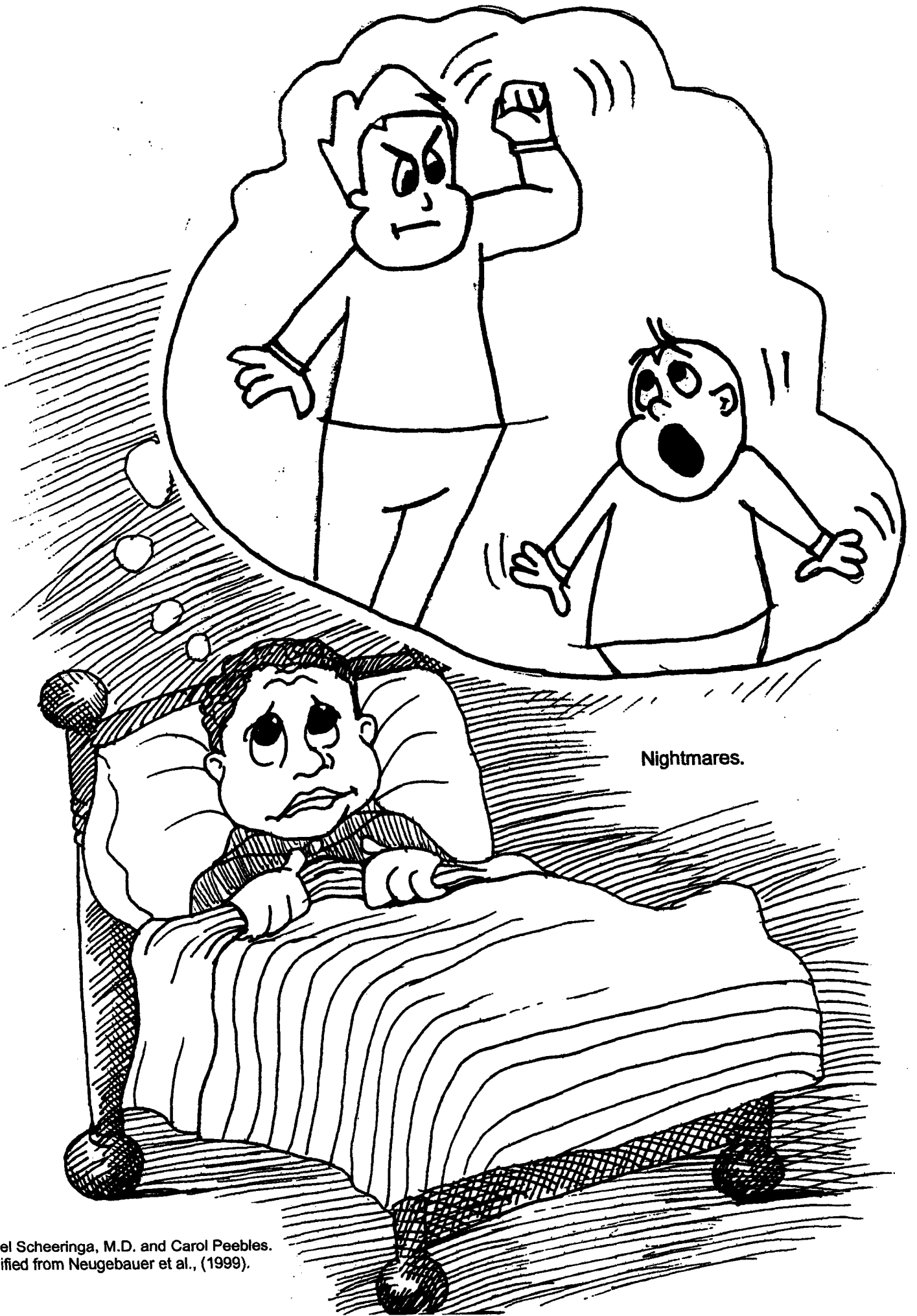
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