

Trauma Systems Therapy

*Treating Child Traumatic Stress
From Neurons to Neighborhoods*

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NCTSN



The National Child
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- Urban setting, city hospital
- High rates of traumatized youth
- Complex issues of poverty, racism, educational problems, community violence, substance abuse
- Diversity of cultural groups

Treatment Principles

1. Fix a broken system
2. Safety first
3. Plans are clear, focused, and based on facts
4. Don't "Go" before you are "Ready"
5. Put scarce resources where they'll work
6. Insist on accountability, particularly your own
7. Align with reality
8. Take care of yourself, and your team
9. Build from strength
10. Leave a better system

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