

## Trauma Systems Therapy

<p><b>Program Description</b></p>	<p>Community-based program designed to facilitate enhanced ability of the child to regulate emotional and behavioral response to social environmental stressors. Program designed to address barriers toward families’ engagement in treatment. Program designed to be used in community settings with populations facing significant, ongoing stressors.</p>
<p><b>Target Population</b></p>	<p>Targeted at children 6–18 who are having difficulty regulating their emotions as a result of the interaction between the traumatic experience and the social environment.</p>
<p><b>Essential Components</b></p>	<p>Trauma Systems Therapy can be seen as a framework for organizing a series of empirically validated interventions to address the real-world needs of children facing considerable adversity.</p> <p>It is designed to help children and families where there is ongoing stress in the social environment. Traumatic stress and the intervention involve two elements:</p> <ol style="list-style-type: none"> <li>1. a child with difficulty regulating its emotional state, and</li> <li>2. a system of care that cannot effectively regulate the child’s response to its social environment.</li> </ol> <p>In this program, social context includes family, school, and neighborhood. Services are tailored to the child/family using a 3 X 3 matrix with stability of social environment on one axis and the child’s ability to regulate emotions on the other.</p> <p><i>Components:</i></p> <p>The program has up to five phases: Surviving, Stabilizing, Enduring, Understanding, Transcending.</p> <p>The phase is chosen depending on the degree to which the child can regulate emotional/behavioral responses and whether the social environment is stable, distressed, or threatening. Within each phase there are prescribed treatment modules, many of which have their own demonstrated efficacy.</p>

<p><b>Essential Components Cont'd</b></p>	<p>These treatment modules include:</p> <ol style="list-style-type: none"> <li>1. home-based services,</li> <li>2. legal advocacy</li> <li>3. emotional regulation skills training</li> <li>4. cognitive processing, and</li> <li>5. psychopharmacology</li> </ol> <p>The overall framework is based on the Systems-of Care approach:  Stroul BA, Friedman RM (1994), <i>A system of care for children with severe emotional disturbances</i>. Washington DC: Georgetown University Child Development Center, National Technical Center for Children's Mental Health, Center for Child Health and Mental Health Policy.</p> <p>Home-based services are based on Multisystemic Therapy approaches:  Henggeler SW, Schoenwald SK, Borduin CM, Rowland MD, Cunningham PB (1998). <i>Multisystemic treatment of antisocial behavior in children and adolescents</i>. New York: Guilford Press.</p> <p>Emotional regulation skills training is based on Dialectic Behavior Therapy:  Linehan MM (1993). <i>Cognitive behavior treatment of borderline personality disorder</i>. New York: Guilford Press</p> <p>Cognitive processing skills training is based on Trauma-Focused Cognitive Behavior Therapy:  Cohen JA, Mannarino AP, Berliner L, Deblinger E (2000). "Trauma-focused cognitive behavior therapy: An empirical update." <i>Journal of Interpersonal Violence</i> 15: 1203-1223</p> <p>The psychopharmacology module uses a variety of medications (when indicated) based on the empirical literature with children.</p> <p>Dosage: Varies by phase with Surviving phase usually taking 3 months; a child starting at this phase (in acute crisis) may be in the program 11 months with the duration of services reduced based on placement at assessment in later phases.</p>
<p><b>Trainings &amp; Program Material</b></p>	<p>Training program developed.</p> <p>Estimated training: two days of basic training, weekly conference call, one day follow-up training at six months.</p>
<p><b>Outcomes/ Evaluation</b></p>	<p>Open trial with 30 families produced reduction in traumatic stress symptoms and decrease in family and school related problems over 3 months.</p>
<p><b>Replications</b></p>	<p>Replication project ongoing in mental health and social service system in Ulster County, New York. Interest at Network sites in NY and NC.</p>

<p><b>Anecdotal Observations</b></p>	<p>The manual for TST will be published in book form. The title of the book is <i>Comprehensive Care for Traumatized Children: The Trauma Systems Therapy Approach</i>. It will be published by Guilford Press.</p>
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