Contents

Acknowledgments **xi**

1. Introduction **1**
Background 1
The MCAVIC-USC Experiment 3
Overview of ITCT-A 3

SECTION I: COMPLEX TRAUMA OUTCOMES AND ASSESSMENT

2. Complex Trauma in Adolescence and Young Adulthood **7**
Risk and Endangerment 7
Environmental Risks 8
Self-Endangerment 8
Longer-Term Trauma Outcomes 9
Summary of Lasting Outcomes of Complex Trauma in Adolescents 9

3. Assessment **13**
Evaluation of Current Safety 14
Evaluation of Trauma Exposure History 14
Initial Trauma Review for Adolescents (ITR-A) 15
Information From Caretakers 16
Evaluation of Trauma-Relevant Symptoms 17
Interview-Based Assessment 17
Psychological Testing 18
Specific Psychological Tests 20
Assessing the Caretaker 22
Overall Assessment Sequence for ITCT-A 22
ITCT-A Assessment Locator 23

4. Completing and Using the Assessment-Treatment Flowchart for Adolescents (ATF-A) **25**
Assessment-Treatment Flowchart 25
An Example of an ATF-A 27

SECTION II: OVERVIEW OF TREATMENT

5. Central Aspects of ITCT-A **33**
The Primacy of the Therapeutic Relationship 33
Customization 34
Age 35
Gender 35
Sociocultural Matrix 36
Affect Regulation Capacity 37
Advocacy and System Intervention 38

6. From Assessment to Intervention: The Problems-to-Components Grid (PCG) **41**

7. Sequence and Session-Level Structure of ITCT-A **45**

SECTION III: TREATMENT COMPONENTS

8. Relationship Building and Support **51**
Safety 51
Visible Willingness to Understand and Accept 53
Active Relatedness (Including Emotional Connection) 54
Patience 55
Managing Countertransference 56

9. Safety Interventions **59**
Suicide Assessment and Prevention 60
Child Protection or Law Enforcement Services for Victims of Intrafamilial Abuse 60
Assistance in Separating From Gangs 61
Working With Prostitution Issues 62
Safety Plans in Cases of Ongoing Child Abuse, Exploitation, or Domestic Violence 62
Intervening in Substance Abuse 63
Self-Mutilatory Behavior 64
Supporting Safer Sexual Behavior 65
Referral to Shelters and Programs 66

10. Psychoeducation **67**
Handouts 68
Books and Other Materials 68
Verbal Information During Therapy 69
General Focus of Psychoeducation 69

11. Distress Reduction and Affect Regulation Training **71**
Acute Distress Reduction 72
Grounding 72
Relaxation 74
Increasing General Affect Regulation Capacity 77
Identifying and Discriminating Emotions 78
Identifying and Countering Thoughts That Underlie Negative Emotional States 79
Meditation 81
Instructions (Paraphrase as Needed) 81
Resistance to Tension-Reduction Behaviors 84
Affect Regulation Learning During Trauma Processing 85

12. Cognitive Processing **87**
Cognitive Reconsideration 88
Development of a Coherent Narrative 94
Cognitive Changes Arising From Nonoverwhelming Emotional Activation During Treatment 96

13. Trigger Identification and Intervention **97**
The Trigger Grid 98
Identifying Triggers 99
Identifying Triggered States 99
Problem-Solving Triggered States 100

14. Titrated Exposure **103**
The Therapeutic Window 104
Intensity Control 105
Constraints on Therapeutic Exposure 106
The Components of Titrated Exposure 107
Exposure 107
Activation 112
Disparity 115
Counterconditioning 116
Desensitization/Resolution 118

15. Relational Processing **119**

16. Interventions for Identity Issues **129**

17. Family Therapy **135**
ITCT-A Family Therapy Interventions 138
Family Therapy Module 141
Session 1: Assessment of Family Functioning, Family Therapy Goals, and Planning 141
Session 2: Effective Communication and Expression of Feelings 142
Session 3: Roles and Boundaries 143
Session 4: Exploration of Trauma Exposures 144
Session 5: Enhancing Family Relationships, Increasing Support Network, and Further Trauma Processing 144
Session 6: Goals for the Future, Reinforcing Treatment Gains 145

18. Interventions With Caretakers **147**
Support, Education, and Parenting Skills 147
Caretaker Groups 150
Caretaker Therapy 155

19. Group Sessions **157**
Screening and Assessment 159
Group Rules/Session Guidelines 161
Gender Composition 162
Age Composition 163
Special Issues in ITCT-A Groups 164
Group Leaders 165
Group Structure and Focus 166
Within-Session Structure 167
Termination Issues 168
Postgroup Interactions 168
Final Assessment 168
Examples of ITCT-A Groups 169
Conclusion 169

20. ITCT-A Treatment Outcome Results **171**
Methods 171
Participants 172
Assessment 172
Absence of Comparison Group 172

Results 173
Participants 173
Symptomatology as a Function of Demographics and Pre- Versus Post-Treatment Status 173
Discussion 175

21. Three Case Examples 177
Rose 177
Assessment-Treatment Flowchart–Adolescent Version (ATF-A) 178
Anthony 182
Assessment-Treatment Flowchart–Adolescent Version (ATF-A) 183
Alicia 187
Assessment-Treatment Flowchart–Adolescent Version (ATF-A) 188

22. Summary 193

SECTION IV: APPENDICES

Appendix I. Initial Trauma Review—Adolescent/Young Adult Version (ITR-A) 195

Appendix II. ITCT-A Assessment Locator 201

Appendix III. Assessment-Treatment Flowchart—Adolescent/Young Adult Version (ATF-A) 203

Appendix IV. Problems-to-Components Grid (PCG) 205

Appendix V. Written Homework About My Trauma 207

Appendix VI. What Triggers Me? (The Trigger Grid) 211

Appendix VII. Outlines for Two ITCT-A Therapy Groups 221

References 233

Index 245

About the Authors 255