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)
   Assessment-Treatment Flowchart
   An Example of an ATF-A

SECTION II: OVERVIEW OF TREATMENT

5. Central Aspects of ITCT-A
   The Primacy of the Therapeutic Relationship
   Customization
   Age
   Gender
   Sociocultural Matrix
   Affect Regulation Capacity
   Advocacy and System Intervention

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

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

SECTION III: TREATMENT COMPONENTS

8. Relationship Building and Support
   Safety
   Visible Willingness to Understand and Accept
   Active Relatedness (Including Emotional Connection)
   Patience
   Managing Countertransference

9. Safety Interventions
   Suicide Assessment and Prevention
   Child Protection or Law Enforcement Services for Victims of Intrafamilial Abuse
   Assistance in Separating From Gangs
   Working With Prostitution Issues
   Safety Plans in Cases of Ongoing Child Abuse, Exploitation, or Domestic Violence
   Intervening in Substance Abuse
   Self-Mutilatory Behavior
   Supporting Safer Sexual Behavior
   Referral to Shelters and Programs
10. Psychoeducation
   - Handouts
   - Books and Other Materials
   - Verbal Information During Therapy
   - General Focus of Psychoeducation

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

12. Cognitive Processing
   - Cognitive Reconsideration
   - Development of a Coherent Narrative
   - Cognitive Changes Arising From Nonoverwhelming Emotional Activation During Treatment

13. Trigger Identification and Intervention
   - The Trigger Grid
     - Identifying Triggers
     - Identifying Triggered States
     - Problem-Solving Triggered States

14. Titrated Exposure
   - The Therapeutic Window
   - Intensity Control
   - Constraints on Therapeutic Exposure
   - The Components of Titrated Exposure
     - Exposure
     - Activation
     - Disparity
     - Counterconditioning
     - Desensitization/Resolution
15. Relational Processing

16. Interventions for Identity Issues

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

18. Interventions With Caretakers
   Support, Education, and Parenting Skills
      Caretaker Groups
      Caretaker Therapy

19. Group Sessions
   Screening and Assessment
   Group Rules/Session Guidelines
      Gender Composition
      Age Composition
      Special Issues in ITCT-A Groups
      Group Leaders
      Group Structure and Focus
      Within-Session Structure
   Termination Issues
      Postgroup Interactions
      Final Assessment
   Examples of ITCT-A Groups
   Conclusion

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