

Overview of ITCT-A for experienced clinicians

Moving Forward: Advanced Issues in Integrative Treatment of Complex Trauma for Adolescents (ITCT-A)

October 8, 2015: Torrance, CA

John Briere, Ph.D.

USC Adolescent Trauma Training Center
National Child Traumatic Stress Network

Departments of Psychiatry and Psychology, Keck School of Medicine
University of Southern California

attc.usc.edu



Complex trauma and complex outcomes

- Characteristics
 - Early onset, repetitive, relational
 - Acts of commission and omission
- Effects
 - Anxiety, depression, anger
 - Posttraumatic stress
 - Self-capacity disturbance
 - Identity, affect regulation, relatedness
 - Dysfunctional avoidance strategies
 - Dissociation, substance abuse, tension reduction behaviors



ITCT-A: Core aspects

- Assessment-based
- Focus beyond posttraumatic stress
- Centrality of the therapeutic relationship
- Customization
 - Age, gender, culture, distress tolerance
- Affect regulation training and behavior control
- Titrated exposure
- Nondirective cognitive interventions
- Advocacy and system intervention



Assessment-Treatment Flowchart (ATF-A)

Completed at intake and each 3 month period

Priority ranking (circle one for each symptom):

- 1 = Not currently a problem
- 2 = Problematic, but not an immediate treatment priority
- 3 = Problematic, a current treatment priority
- 4 = Most problematic, requires immediate attention
- (S) = Suspected, requires further investigation

Available at attc.usc.edu



Assessment-based treatment: Assessment → priority (example items)

<u>Problem area</u>	<u>Tx priority</u>
1. Safety – environmental	1 2 3 4 (S)
2. Caretaker support issues	1 2 3 4 (S)
4. Depression	1 2 3 4 (S)
7. Posttraumatic stress	1 2 3 4 (S)
8. Attachment insecurity	1 2 3 4 (S)



Problems-to Components Grid for Adolescents (PTG-A)

<u>Problem (from ATF-A)</u>	<u>Treatment components that may be useful</u>
Safety (environmental)	Safety training, system interventions, psychoeducation
Caretaker support	Family therapy, intervention with caretakers
Anxiety	Distress reduction/affect regulation training, titrated exposure, cognitive processing



Applying ITCT-A treatment components

- **Relationship Building and Support**
 - Attachment, acceptance, compassion
- **Acute safety issues**
 - Environmental, self-endangering, survival behaviors
- **Psychoeducation**
 - Trauma prevalence, perpetrator dynamics
 - Cultural myths justifying trauma
 - Normalization
 - Resources



Applying ITCT-A treatment components

- **Titrated exposure**
 - Multiple sources versus systematized
 - The therapeutic window
 - Marginalization and discrimination as traumas
 - Exploration and narrative: *Written Homework About My Trauma*
- **Intervening in identity issues**
 - Reversing Other-directedness
 - Avoiding interpretations, authority-focused interventions



Applying ITCT-A treatment components

- **Distress reduction and affect regulation training**
 - Relaxation
 - Breath training
 - Visualization
 - Emotion identification and discrimination
 - Resisting tension reduction behaviors
- **Mindfulness**
 - Developing skill to be present-centered
 - Metacognitive awareness: "Just thoughts, not facts"
 - Dispassionate, nonjudgmental, and accepting



Applying ITCT-A treatment components

- **The Trigger Grid (Trigger management)**
 - Learned in sessions, before triggering event occurs
 - Psychoeducation about triggers
 - Identifying triggers and triggered states
 - Learn coping strategies
 - Self-talk, problem-solving, metacognitive awareness



Applying ITCT-A treatment components

- **Family/caretaker interventions**
 - Caretaker education groups
 - Parenting groups
 - Family therapy

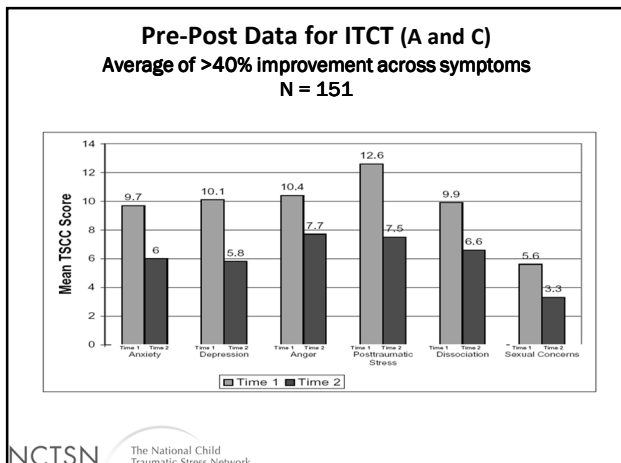


Substance use and abuse treatment components

- Stabilization and safety first
- Psychoeducation without judgment
- Reframing substance use as maladaptive coping
- Re-moralization
- Slower, less intense exposure
- More attention to affect regulation skill development
- Expect countertransference

The substance use treatment guide is available at attc.usc.edu





ITCT-A references

Briere, J., & Lanktree, C.B. (2014). *Treating substance use issues in traumatized adolescents and young adults: Key principles and components*. Los Angeles, CA: USC Adolescent Trauma Training Center

Briere, J., & Lanktree, C.B. (2013). *Integrative treatment of complex trauma for adolescents (ITCT-A): A guide for the treatment of multiply-traumatized youth, 2nd edition*. Los Angeles, CA: USC Adolescent Trauma Treatment Training Center

Lanktree, C.B., Briere, J., Godbout, N., Hodges, M., Chen, K., Trimm, L., Adams, B., Maida, C.A., & Freed, W. (2012). Treating multi-traumatized, socially- marginalized children: Results of a naturalistic treatment outcome study. *Journal of Aggression, Maltreatment & Trauma, 21*, 813–828.

Lanktree, C.B., & Briere, J. (2013). Integrative Treatment of Complex Trauma (ITCT) for children and adolescents. In J.D. Ford and C.A. Courtois, *Treating complex traumatic stress disorders with children and adolescents: An evidence-based guide* (pp. 143-161). NY: Guilford.

NCTSN The National Child Traumatic Stress Network
