

Treating Risky and Compulsive Behaviors in Adolescents and Young Adults **PART III**

John Briere, Ph.D.

Department of Psychiatry

Keck School of Medicine at USC

USC Adolescent Trauma Training Center

National Child Traumatic Stress Network

attc.usc.edu

Comorbidities

- Depression, anxiety, posttraumatic stress
- Other DRBs
 - Compulsive sexual behavior
 - Binge-purge behavior
 - “Impulsive” aggression
- Suicidality
- Dissociation
- Substance abuse

Importance of the therapeutic relationship and safety

- Relationship Building and Support
 - Therapist acceptance, nonjudgement, positive regard, compassion
- Acute safety issues
 - Suicidality
 - Life threatening injuries, infection, disfigurement

Emotional regulation skills and self-reference capacity

- Distress reduction and affect regulation training before trauma processing
 - Relaxation and breath training
 - Emotion identification and discrimination
 - Resisting self-injury
 - Go as long as possible, do as little as possible
 - Teaches affect tolerance

Trigger management

- **Working with the Trigger Grid**
 - Learned in sessions, before triggering
 - Psychoeducation about triggers
 - Identifying triggers and triggered states
 - Teaching meta-cognitive awareness of intrusive thoughts, feelings, memories
 - Learn coping strategies (self-talk, problem-solving)

Titrated exposure

- Later in treatment
- Pre-briefing and consent
- The therapeutic window
 - Undershooting versus overshooting
- Intensity control
 - Highest at mid-session
- Exploration and narrative: *Written Homework About My Trauma*

Mindfulness training

- **Mindfulness and meta-cognitive awareness**
 - Developing skill to be present-centered
 - Dispassionate observer of own thoughts and feelings, nonjudgmental, and accepting
 - Useful for de-escalation of acute states and improved affect regulation
 - “Urge” and “emotion” “surfing”

References

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