

NATIONAL CHILD TRAUMATIC STRESS NETWORK

The NCTSN mission is to raise the standard of care and improve access to services for traumatized children, their families, and communities. We are a Community Treatment & Services Site and an Intervention Development & Evaluation Site (in partnership with the National Center on Family Homelessness). Through these initiatives, we are working to adapt and disseminate sustainable interventions for complex trauma and school/community violence to state and local agencies, school systems, homeless-serving systems, and mental health treatment programs throughout New England.

For information, contact: Dawna Gabowitz, Ph.D. · (617) 232-1303 x220

HUMAN TRAFFICKING SERVICES PROGRAM

Project REACH, a mobile crisis intervention service, provides Rapid Evaluation, Assessment, and Consultation Services for Human trafficking victims. Team members travel to Eastern seaboard and Texas sites to identify the acute psychosocial needs of trafficking victims and help local service providers meet these needs. This project is supported by a grant from the Office for Victims of Crime of the U.S. Dept. of Justice.

Contact: Elizabeth Hopper, Ph.D. · (617) 232-1303, x211

FAMILY NETWORKS PROGRAM

We provide comprehensive trauma evaluations in English and Spanish, as well as psychological and neuropsychological assessment, for DSS-referred youth.

Contact: Erika Lally, LMHC · (617) 232-1303, x308

COMMUNITY SERVICES, ACUTE INTERVENTION & PSYCHOSOCIAL STABILIZATION SERVICES:

We provide advanced training, organizational evaluation, stabilization and recovery strategies during and after traumatic events worldwide. We offer trainer-training in impact assessment, school and community based intervention, threat profiling, suicide and homicide response, violence prevention and resiliency augmentation for Ministries of Health, Education, Welfare, and Youth & Sports, local behavioral health system providers, and local NGO staff. Dr. Robert Macy and the TC acute intervention teams have designed, launched, evaluated and manage child and youth trauma response networks and psychosocial interventions internationally and in the U.S.

Contact: Robert Macy, Ph.D. · (617) 699-9939

RESEARCH PROGRAM

Led by Dr. Bessel van der Kolk, the Trauma Center maintains an active clinical research program focusing on the development and evaluation of innovative assessment measures and intervention models for complex trauma. Recently completed projects include

- an NIMH-funded treatment outcome study comparing EMDR to medication in the treatment of PTSD
- two pilot studies of the impact of yoga on PTSD, heart rate variability, and body awareness in traumatized adults
- an outcome evaluation of improvisational theater as a youth violence prevention strategy for elementary school students

Published findings of these and other Trauma Center research products can be downloaded directly from our website.

Current Projects

ATTACHMENT, SELF-REGULATION, & COMPETENCY (ARC) OUTCOME TRIAL

Recognized by the NCTSN as a promising practice, ARC is a comprehensive framework for intervention with youth exposed to complex trauma. Intervention is tailored to each client's needs and may include individual and group therapy for children, education for caregivers, parent-child sessions, and parent workshops.

For participant screening, contact: Kristine Kinniburgh, LICSW · x213

IMPROVISATIONAL THEATER-BASED YOUTH VIOLENCE PREVENTION

As a funded member of the Hamilton Fish Institute's Youth Violence Prevention Consortium and with support from the Roy A. Hunt Foundation and the American Academy of Child and Adolescent Psychiatry, we have evaluated and developed programs for the past five years that utilize structured improvisational theater to teach violence prevention and conflict resolution to Boston Public School students. In collaboration with Urban Improv, we have developed Trauma Drama, an intervention for violence-exposed middle school students, as well as a teacher-led companion curriculum to Urban Improv for elementary school students.

For information, contact: Amie Alley Pollack, Ph.D. · x221

PARENT-CHILD INTERACTION THERAPY (PCIT) OUTCOME TRIAL

PCIT is a proven parent coaching model that teaches behavior management techniques designed to improve the caregiver-child relationship and increase children's positive behaviors.

For participant screening, contact: Kristina Kannath, LICSW · x306

TRAUMA CENTER MANAGEMENT TEAM

Joseph Spinazzola, Ph.D.

Executive Director

Marla Zucker, Ph.D.

Director of Clinical Services

Robert Macy, Ph.D.

Director of Psychosocial Initiatives

Richard Jacobs, Psy.D.

Director of Supervisory Services

Bessel van der Kolk, MD

Medical Director

Margaret Blaustein, Ph.D.

Director of Training and Education

Alexandra Cook, Ph.D.

Director of Evaluation

LOCATION & DIRECTIONS

Located at 1269 Beacon Street in the Coolidge Corner area of Brookline, the office is handicapped accessible and convenient to public transportation. For directions by car, please call or visit our website.

By MBTA:

Take the Green C Line to the *Coolidge Corner* stop. Walk one block east on Beacon St. Across the street from Temple Sinai, and one-half block from the Brookline Post Office and Trader Joe's.



HOURS OF OPERATION

Monday - Thursday 9-7

Friday 9-5

Closed on Weekends & Major Holidays

CONTACT INFORMATION

1269 Beacon Street · Brookline, MA 02446

Tel: (617) 232-1303 Fax: (617) 232-1280

www.traumacenter.org



At Justice Resource Institute



Photograph by Bessel van der Kolk, MD,
Founder & Medical Director Since 1981
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OUR MISSION

The mission of the Trauma Center is to help individuals, families and communities impacted by trauma and adversity to re-establish a sense of safety and predictability in the world, and to provide them with state-of-the-art therapeutic care as they reclaim, rebuild and renew their lives.

General Number: (617) 232-1303

Clinical Intake: (617) 232-0687

www.traumacenter.org



- **CLINICAL SERVICES:** Innovative treatment that honors and expands client strengths and resources, and attends to core components of safety and self-regulation, traumatic memory processing, and reconnection with self and others.
- **TRAINING & EDUCATION:** Enhancing clinical competency and building sustainable community capacity to meet the complex needs of traumatized individuals and communities on a local, regional, and national level.
- **RESEARCH & DEVELOPMENT:** Maintaining an active clinical research program guided by the philosophy that research should be informed by, and conducted for the sake of improving, clinical practice.

TRAUMA CENTER MENTAL HEALTH CLINIC

The Trauma Center provides outpatient mental health services as a satellite clinic of the Sidney Borum, Jr. Health Center of JRI. Clinic services are reimbursable through self-pay, Medicaid, and MassHealth administered through the Massachusetts Behavioral Health Partnership (MBHP). We are presently unable to accept Medicare or private insurance.

Our Clients

We serve children and adults impacted by the continuum of trauma exposure, from acute incidents such as accidents and assaults to chronic experiences of child abuse, neglect and traumatic loss. Many clients come to us after significant periods of unsuccessful treatment, complex clinical profiles and diagnostic uncertainty. Our services address a wide range of posttraumatic symptoms, disorders and functional impairment:

- Simple & complex PTSD
- Dissociative disorders
- Anxiety & mood disturbance
- Problematic substance use
- Sleep & eating disturbances
- Memory & attention problems
- Problems with relationships
- Emotional numbing & upheaval
- Anger control problems
- Somatic complaints
- Sexual problems & sexually reactive behavior
- Problems with self-care
- Impulsive & self-destructive behaviors
- Hopelessness
- Complicated adjustment to foster & adoptive placements

Our Services

- Screening and referral
- Brief and long-term individual therapy for children and adults
- Family and couples therapy

For information and referral, contact Rona Sandberg, LICSW, Clinical Intake Coordinator · (617) 232-0687

VICTIMS OF CRIME ACT (VOCA) PROGRAM

This program provides select free-care, trauma-focused services to eligible child and adult victims of crime and their significant others. Eligible individuals include victims of child abuse, physical and sexual violence, homicide and hate crimes.

VOCA Services

GENERAL VOCA SERVICES PROGRAM

- Screening, information, and referral
- General therapy services for children and adults who meet criteria
- Assistance with application for Massachusetts Victim Compensation Funds

Contact the VOCA Intake Line · (617) 232-1303, x3501

GROUP PROGRAM

- Women's Dialectical Behavior Therapy (DBT) based coping skills groups

Contact Janice Stubblefield-Tave, LICSW · (617) 232-1303, x218

CHILD SEXUAL ABUSE PROGRAM

- Screening and therapy for child sexual abuse victims
- Child sexual abuse specialty evaluations

Contact Rona Sandberg, LICSW · (617) 232-1303, x223

BILINGUAL/BICULTURAL TRAUMA SERVICES SATELLITE PROGRAM AT LATIN AMERICAN HEALTH INSTITUTE

- Screening and information
- Individual and group psychotherapy

Contact Marta Casas, LMHC · (617) 350-6900, x170

These services supported by the Massachusetts Office for Victim Assistance (MOVA) through the 1984 VOCA grant from the Office for Victims of Crime, Office of Justice Programs, and U.S. Department of Justice.

SPECIALIZED CONSULTATION & TREATMENT SERVICES

Through this internal group practice model, senior clinical and teaching faculty of the Trauma Center provide expert case consultation, evaluation and specialty counseling. Services are private pay and are provided to individuals as well as agencies seeking expert consultation to enhance trauma-focused services.

Services & Programs

COUNSELING & PSYCHOTHERAPY

- Trauma-specialty therapy for children, adults, families and couples

ASSESSMENT & TESTING

- Comprehensive trauma evaluation for children and adults
- Psychological, educational and neuropsychological testing
- Intensive residential assessment services for young women aged 12-24 through the Trauma Center at Glenhaven

CONSULTATION

- Clinician-initiated, master case consultations
 - Agency consultations on implementing & adapting trauma practices
- #### YOGA SERVICES
- On-site yoga groups for adult men and women, as well as returning military veterans
 - Training and consultation for clinicians seeking to incorporate elements of yoga into trauma-focused psychotherapy, and for yoga instructors seeking to enhance trauma-focused instruction..

Specialty Treatment Approaches

- Attachment, Self-regulation, & Competency (ARC) framework
- Cognitive-behavioral and psychodynamic therapies
- Dialectical Behavior Therapy (DBT)
- Expressive arts, including art therapy and improvisational theater
- Eye Movement Desensitization and Reprocessing (EMDR, Level II)
- Mind-body approaches, including Sensorimotor psychotherapy
- Parent-Child Interaction Therapy (PCIT)
- Treatment of clinical dissociation

Clinical Services: Marla Zucker, Ph.D. · (617) 232-1303, x219
 Clinician & Agency Consultation: Joseph Spinazzola, Ph.D., x215
 Trauma Center at Glenhaven: Karen Vincent · (508) 481-8077, x234
 Yoga Services: Dave Emerson, RYT · (617) 232-1303, x222

TRAINING AND EDUCATION PROGRAM

For three decades our Center has held an unparalleled reputation for leading the field of traumatic stress in the provision of state-of-the-art training and education on local, regional, national and international fronts. Our senior training faculty have trained over 20,000 mental health providers in the past five years. We prioritize enhancing community-based capacity to provide high quality trauma services through our comprehensive trainer-training initiatives.

Training Institute

- Certificate Program in Traumatic Stress Studies
- Annual International Trauma Conference
- Free monthly Lecture Series for mental health professionals
- Advanced Clinical Consultation Groups
- Advanced workshops
- In-service trainings for school and community agency staff
- Local, regional, and national training workshops

Specialty Training & Consultation Topics

- Attachment, Self-regulation, & Competency (ARC): A Comprehensive Framework for Intervention with Youth Exposed to Complex Trauma
- Complex trauma assessment and treatment (child and adult)
- Alternative interventions, including yoga & mind-body approaches
- Neurobiological impact of trauma
- Parent-Child Interaction Therapy (PCIT)
- Psychopharmacological treatment
- Understanding the impact of trauma through a developmental lens
- Understanding and intervening with dissociative clients
- Vicarious traumatization and self-care for providers

Postdoctoral Fellowship Program

Offering two-year post-doctoral fellowships for qualified candidates, providing specialized training in assessment and intervention with trauma-exposed populations. Fellows trained in: trauma-informed clinical, educational & neuropsychological evaluation; evidence-based treatment; and innovative service-provision. Opportunities to participate in grant-funded research and service projects. Extensive didactic and clinical training and supervision. Fulfills licensure requirements.

For information and requests, contact:
 Margaret Blaustein, Ph.D. · (617) 232-1303, x214 or mblaustein@jri.org