



Summer 2011

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Fun at the Fundraiser!

By Alexandra Cook, Ph.D.

Associate Director

The Trauma Center at JRI

This year the Trauma Center at JRI held its 3rd annual fundraiser at the Seaport World Trade Center during the 22nd Annual International Psychological Trauma Conference. To really spice things up, the event featured a comedy routine performed by Larry Jay Tish and Ron Jones called *The Black Jew Dialogues*. The pair met while performing at Jordan's Furniture in Natick and developed this hugely entertaining show that highlights the similarities across different types of experiences, and promotes conversation and pulling together over race, different cultures, faiths, political views and social divisions.

Before the show there was a small silent auction featuring artwork by several Trauma Center faculty and staff, including amazing jewelry pieces, Red Sox tickets, books, dinners, consultations, acupuncture, and a night at the Seaport Hotel. A bidding war broke out over a 90-minute consultation with Bessel van der Kolk. Ruth Lanius and Clare Pain were the lucky winners.

Looking ahead, we are coming up on the 30th Anniversary of The Trauma Center!



Rosalie Suescun (left), a long standing Trauma Center clinician, and Margaret Blaustein, the Director of Training and author of *Treating Traumatic Stress in Children and Adolescents*.



Executive Director, Joe Spinazzola, and his wife, Deanne, loved the show!



Larry Jay Tish (left) of *The Black Jew Dialogues* and Jean Dany Joachim enjoyed the evening.

A big THANK YOU to all the folks who came to the auction, who donated to the auction, and who bought items!

Associate Director



Alexandra Cook, Ph.D.

Named

June Carter described her future husband Johnny Cash's music as "sharp like a razor, steady like a train." The same can be said for Dr. Alexandra Cook's stewardship of the Trauma Center. Whether confidently assuming the reigns of Child Clinical Direc-

tor in 1997, barely 18 months after joining our Center as a postdoctoral fellow; spearheading our Center's first foray into fundraising through establishment of the Catherine Jacobus Endowment Fund; treating and supervising hundreds of complex child and adult treatment and evaluation cases; or serving as the clearheaded anchor of our Center's senior leadership team, Alex has quietly been at the backbone of our Center for nearly two decades. Thus, it is with great pride that we announce Alex's promotion to Associate Director. In addition to continuing her vital development work, in this new role Alex will assume responsibility for Supervisory Services (a position held for the past seven years by Richard Jacobs, who retired this summer) and will work closely with our Executive Director, Joseph Spinazola, on Center oversight and strategic planning.

Sounds of Abolition



NECAT Director Elise Hopper (left) and NECAT Coordinator Cynthia Kennedy (2nd right) with performing artists John Carter Cash, Marika Whitaker and Dave Daeger)

On August 10th, the Trauma Center held its first ever benefit concert. Since its establishment by the Trauma Center in 2009, The New England Coalition Against Trafficking (NECAT), comprised of 16 partner agencies across 5 states, has trained over 7,000 individuals about human trafficking and identified over 100 victims. While the federal funding for this program ended in April 2011, the need for its existence sadly continues. *Sounds of Abolition* was hosted by Reverend Sammy Wood at the Church of the Advent in Boston. Nearly 100 attendees were present to hear and witness the haunting opening folk melodies and Latin hymnals of local talent Marika Whitaker, as well as poignant performances by two national recording artists. John Carter Cash treated guests to an eclectic mix of rollicking alt rock/country originals and legendary Carter family classics. John Francis ended the evening with a stirring set of country and folk anthems. For more info or to support NECAT, contact Cynthia Kennedy at ckennedy@jri.org or visit: <http://www.traumacenter.org/initiatives/nctsn.php>.

New Book by Trauma Center Staff

Overcoming Trauma Through Yoga: Reclaiming Your Body

North Atlantic Books, an affiliate of Random House, states that the first book published by the Trauma Center at JRI sold out its first print run! This is exciting news to our co-writer colleagues, Dave Emerson, E-RYT, and Elise Hopper, Ph.D., and to Bessel van der Kolk, M.D., who wrote the introduction of this timely book. It has consistently been ranked as one of the top ten books on PTSD offered by *Amazon.com* since its release in April, and within their top 25 yoga books.

Overcoming Trauma Through Yoga begins with an in-depth description of trauma and PTSD, and moves on to the features and key themes of trauma-sensitive yoga, a modified yoga program developed by Dave Emerson and Bessel van der Kolk. The book also identifies the five areas that require modification in order for a class to be trauma-sensitive.

Successful case histories, illustrated poses, and customized plans for working with different populations including military veterans, teenagers, and

adult survivors help make *Overcoming Trauma Through Yoga* an indispensable resource for therapists, yoga teachers, and laypeople suffering from the effects of trauma.

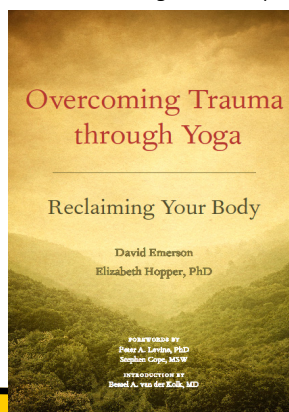
Dave Emerson is the Director of Yoga Services at the Trauma Center. In 2003, he co-designed the Trauma Center Yoga Program that includes classes and teacher training programs. Elise Hopper is a licensed clinical psychologist and also serves as the Associate Director of Training at the Trauma Center.

Peter A. Levine, Ph.D., author of the bestselling *Waking the Tiger: Healing Trauma*, writes in the book's Foreword, "In this landmark book the authors offer survivors a gentle, step-by-step *mindful* yoga that is tailored for their

specific needs...This well conceived book is a tremendous resource for therapists and yoga teachers. By engaging the wisdom of their bodies, it is a great companion and guide to those taking the hero's journey of recovery and vibrancy."

For every purchase of this book and others by Trauma Center at JRI colleagues, the Trauma Center will receive a small royalty.

Please order your copy through:
[http://www.traumacenter.org/products/
Amazon_staff_books.php](http://www.traumacenter.org/products/Amazon_staff_books.php)



Spotlight on... Neurofeedback

Contributed by Amanda Zelechowski, J.D., Ph.D.
and Mark Gapan, Ph.D., Post-Doctoral Fellows

Over the past several decades, researchers and clinicians have discovered that it is possible to retrain brainwave patterns using a form of biofeedback known as neurofeedback. Through neurofeedback, the brain is taught how to prolong healthy brainwave patterns in order to improve concentration and maintain a relaxed state of mind. Neurofeedback has been found to be an effective treatment for a variety of disorders and symptoms, including anxiety, ADHD, and depression in both children and adults.

In Fall 2009, the Trauma Center partnered with a number of the JRI Residential Treatment Programs to figure out whether neurofeedback would be a feasible and effective intervention option for traumatized youth demonstrating symptoms of hyperarousal. Clinicians and staff from seven JRI residential treatment and therapeutic school programs were trained in the administration of neurofeedback and a feasibility pilot evaluation was initiated. The JRI programs involved with this neurofeedback initiative include Centerpoint, Littleton Group Home, Merrimack Center, Swansea Wood School, van der Kolk Center-Glenhaven Academy, Victor School, and Walden Street School. Approximately 15 youth received neurofeedback training over a one-year period, which provided us with the feasibility information necessary to refine the intervention protocol, increase clinicians' competence in administering the intervention, and begin



Staff Clinician, Ilya Yacevich, using neurofeedback at the Trauma Center

to evaluate the clients' responsiveness to neurofeedback. Based on the clients' reports of positive results, a formal program implementation and evaluation began in Fall 2010.

As of June 2011, approximately 15 youth in five JRI programs have completed between 20 and 40 neurofeedback sessions. An additional 20 youth received 19 or fewer neurofeedback sessions. Results of psychological and behavioral assessments are currently being analyzed, but reports from program staff and clients indicate that neurofeedback has been an effective intervention. Specifically, clinicians have reported decreases in sleep disturbance, restraints, emotional outbursts, and disruptive behaviors and improvements in attention and concentration, decision-making, and ability to engage in other

therapeutic interventions. Ed Hannifin, clinical director and neurofeedback clinician at Littleton Group Home, described the change in one of his clients after five months of neurofeedback as follows, "It's not just that [client] is better behaved or more compliant; it's that he stands straighter, looks happier, makes more sense, and acts more 'normal.'"

In parallel to the residential initiative, the Trauma Center has been conducting a pilot study evaluating the effectiveness of neurofeedback with complexly traumatized adults. We have completed this phase of data collection, and the results are looking promising. We enrolled approximately 20 clients from the clinic and community at large to receive 40 sessions of training over the course of about 20 weeks (2x/week). We are finding clinically significant changes in symptom levels not only for posttraumatic stress symptoms, but also for depression, anxiety, emotional regulation and others. Overall, the results of this pilot phase make a strong case for further study and clinical application of neurofeedback. Many of the participants reported profound increases in bodily awareness and marked increase in their feeling of control over their symptoms. Please stay tuned for the empirical evaluation results of this innovative intervention approach!

DTD Update: The Trial Has Launched 7 Sites!

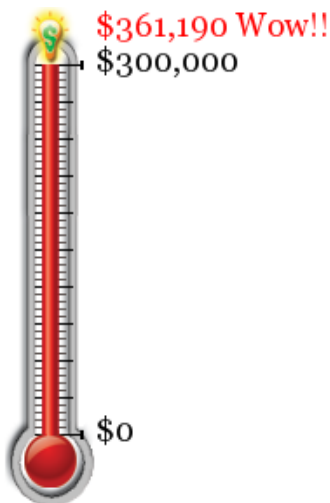
Contributed by Alexandra Cook, Ph.D.,
Director of Development

Thanks to a phenomenal surge of financial support, we have completed the fund drive for Phase II of the Developmental Trauma Disorder (DTD) field trial! We needed \$300,000 to run the field trial of DTD across five sites, and we exceeded our target, allowing for seven sites to be included: Anchorage, Boston, Hartford, Houston, Southern Michigan, Philadelphia and New York City.

The diagnosis of DTD is critical to the field of trauma because of its clinical utility, its broad research implications, and the effect of future funding of trauma research and clinical service.

Our sincere gratitude to the many donors who helped us achieve our goal!

DTD Fund Drive



DTD STATUS REPORT:

- (1) Final assessment battery has been compiled.
- (2) Final DTD clinical interview developed.
- (3) IRB has been approved.
- (4) Interviewers across six sites being trained and calibrated on measures to ensure reliability of administration.
- (5) Participant recruitment to begin in August with launch of field trial anticipated September 2011.

Please consider donating to the Trauma Center's Endowment Fund!
Visit www.traumacenter.org

Currently Enrolling:

Behavioral Coping Skills Group for Adult Women Trauma Survivors:

Tuesdays, 3:30 pm
Contact: Janice Stubblefield-Tave at (617) 232-1303, x218.

Healing Through Dance Group for Adult Men and Women:

Thursdays, 4:00 pm
Movement & Music to safely explore what it feels like to create different movements and rhythms, drawing from cultures around the world.
Contact: Janice Stubblefield-Tave at (617) 232-1303, x218.

Trauma-Sensitive Yoga Classes For Women & Men:

Wednesday evenings 6:00 pm and Saturday mornings 10:00 am (for women); Thursday evenings 6:00 pm (for men). Yoga Classes are for trauma survivors who are currently in therapy (at the TC or elsewhere).
Contact Regina Musicaro at (617) 232-1303, x310.

The Art of Healing:

Beginning Fall 2011 — Part of the Creative Healing Project For Artists Impacted by Trauma.
Contact: Ilya Yacevich at (617) 232-1303, x321.

VOCA Trauma-Focused Skill-Building Groups for Women: 6-weeks each, English/Spanish.

Contact: Cynthia Kennedy (x322) or Marta Casas (x302) at (617) 232-1303.

NOW AVAILABLE: DVD's from the 22nd Annual International Psychological Trauma Conference (2011). To order these impressive workshop selections by distinguished faculty, please visit: http://www.traumacenter.org/products/Trauma_Conf_DVDs_2011.php.



UPCOMING EVENTS...

TRAUMA CENTER at JRI WORKSHOPS:

Sept. 16, 2011: The Disappearing Girl: Working with Trauma-Impacted Adolescent Girls who are Suffering from Depression — Lisa Machoian, Ed.D.

Oct. 31-Nov. 4, 2011: Trauma-Sensitive Yoga Teaching Certificate Program — David Emerson, Jenn Turner, Bessel van der Kolk.

Nov. 10-11, 2011: Shame and Self-Loathing in the Treatment of Trauma — Janina Fisher, Ph.D.

For information on these and other workshops, please visit: www.traumacenter.org/training/workshops.php.

DR. van der KOLK'S LECTURE SERIES:

1st Thursday each month starting Oct. 6th, 12-1:15pm.
FREE! No registration necessary.

For more information about the Trauma Center or to make a donation, please visit: <http://www.traumacenter.org>.

ATTENTION: You can help the TC at JRI earn money by buying books and other products directly through our Amazon Associates link: http://www.traumacenter.org/products/Amazon_staff_books.php.

 **TRAUMA CENTER**
At Justice Resource Institute

1269 Beacon Street
Brookline, MA 02446

Phone: 617-232-1303
Fax: 617-232-1280

Clinical Intake:
617-232-0687

Website:
www.traumacenter.org

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