



*Helping those impacted by trauma
not just to survive,
but to thrive*

Fall 2009

Trauma Center Awarded Category II National Child Trauma Network Grant

Contributed by Joseph Spinazzola, Ph.D. Executive Director

The Trauma Center has been selected out of a highly competitive field of national applicants to receive a \$1.8 million, three-year grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to create and oversee the Complex Trauma Treatment Network (CTTN) of the National Child Traumatic Stress Network (NCTSN). Through this Network within-a-network, we will work to transform the way large systems of care identify and respond to repeated and severe maltreatment and neglect in children and adolescents. By providing extensive training and technical assistance to state child services agencies and the continuum of child service provider organizations in up to 20 states, we anticipate that over the next three years we will be able to impact the quality of mental health services for over 100,000 children and families nationwide. We feel truly honored to have been granted this

opportunity to apply on a national level the invaluable lessons we have learned about building sustainable trauma-informed systems of care during our past eight years as a New England-based community practice site of the NCTSN.

As the lead agency of the Complex Trauma Treatment Network, we will coordinate regional training and technical assistance centers in the Northeast (University of Connecticut), the Midwest (LaRabida Children's Hospital in Chicago), the South (DePelchin Children's Center in Houston) and the Pacific Northwest (Anchorage Community Mental Health Center & Washington State University). Each of these Centers, in turn, will bring a wealth of resources and expertise about working with diverse groups of children, families and communities impacted by complex trauma, from urban African-American families to recent Hispanic immigrants, to rural underserved populations and tribal communities.

This project will utilize a "train the trainer" model to guide and coordinate the work of the large systems of care chosen to participate in this project in each of the target regions. Each system of care will function as an interactive "learning community" and will be comprised of state- or multi-county-wide leadership and service providers from child protective services and mental health, adoptive, foster and residential care, outpatient mental health, acute crisis care, school systems and consumer advocacy groups. The CTTN will design materials

and programs that include videos, webinars, training conferences and distance learning initiatives, and will serve as an expert resource for clinicians, care coordinators, and state administrators from each system of care.

Finally, this project will provide a critical forum to educate providers nationwide about the Developmental Trauma Disorder (DTD) construct and its implications for accurate diagnosis and treatment of individuals suffering from the persistent and insidious effects of interpersonal violence and neglect.

For more information please visit our website at www.traumacenter.org.

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Japanese Colleagues Visit the Trauma Center



Pictured are Dr. Bessel van der Kolk, Trauma Center founder, along with members of the Shiseido Child Welfare Study Group. These child and family providers from Japan were selected and sponsored by the Shiseido Foundation to travel to the United States as part of a team studying state-of-the-art knowledge about and treatment of traumatic stress, with a goal of improving services for children in Japan. The team spent 3 days with TC-JRI faculty in early October.

Spotlight on...Post-Doctoral Fellow Wendy D'Andrea, Ph.D.

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

If you want to know about the physiology of psychological trauma, Wendy D'Andrea is your person. Dr. D'Andrea is a 2nd year post-doctoral fellow at The Trauma Center. After completing her graduate work at the University of Michigan, she decided she wanted to study the physiology of the traumatic response. She is currently the Principal Investigator on a grant funded by the ANS Foundation and JRI. The aim of the grant is to perform a series of small-scale studies in order to build a data base around the physiology of complex trauma. Bessel van der Kolk, M.D. and Roger Pitman, M.D. are mentoring Dr. D'Andrea in her pursuit.

One of the main areas of focus is the respiratory sinus arrhythmia (RSA), which is an index of vagal tone. In a healthy person, there is variability and reactivity reflected in a high RSA, which indicates a responsive system. Low RSA has been linked to various forms of mental illness, as well as many physical conditions. Originally, the vagus nerve was studied in relation to heart attacks, diabetic neuropathy, and sudden infant death syndrome (SIDS). The vagus nerve has been theorized to be critical in the traumatic response of fight-flight-or-freeze



Wendy D'Andrea, Ph.D.
Post-Doctoral Fellow

involving the sympathetic and parasympathetic nervous systems by researchers such as Stephen Porges, Ph.D.

Dr. D'Andrea hopes to be able to address five questions in her research this year: 1) what RSA looks like in traumatized people versus healthy controls; 2) how a variety of interventions, such as EMDR, eye contact during a session, etc., affect RSA; 3) whether any changes resulting from intervention can be sustained; 4) whether those RSA changes lead to symptomatic changes; 5) are there physiological markers of the freeze response that is so characteristic of chronically traumatized individuals.

In addition to studying the physiology of complex trauma, Dr. D'Andrea wears other hats at The Trauma Center. She does grant writing, data analysis, research design, and clinical work. In her clinical work, Dr. D'Andrea works with both children and adults in individual, family, and group therapy. Most recently, Dr. D'Andrea and her colleague Janice Stubblefield-Tave, LICSW started a dance and movement group. Using a range of music from international sounds to Destiny's Child, the group explores how dance and movement affect physical experience in the hopes of helping its members feel comfortable in and gain enjoyment from their bodies and their rhythms.

Trauma Center Staff to Lead New JRI Outpatient Center in Acton, MA



Marla Zucker, Ph.D.
Center Director,
JRI Behavioral Health
Network

In affiliation with the Trauma Center at JRI, a new Behavioral Health Center will open in Acton in November 2009, making high quality mental health services available to residents of the Metrowest region. Justice Resource Institute's Metrowest Behavioral Health Center, located at 380 Massachusetts Avenue, will serve patients dealing with Post Traumatic Stress Disorder (PTSD), Attention Deficit Hyperactivity Disorder (ADHD), eating disorders, mood and anxiety disorders, and other behavioral health conditions, and will provide individual and family therapy, psychological evaluation, mind/body intervention, and life and executive coaching to individuals seeking direction and support as they grapple with personal growth. Marla Zucker, Ph.D. will be the Center Director of JRI's Behavioral Health Network, and Dawna Gabowitz, Ph.D. will be the Clinical Director of the Metrowest Center. To learn more about the Center or to schedule an appointment, contact the clinical intake line at 978-264-3500.



Dawna Gabowitz, Ph.D.
Clinical Director,
JRI Metrowest Behavioral
Health Center

The Cutting Edge: Developmental Trauma Disorder

In 1999 the Trauma Center collaborated with the Nathan Cummings Foundation to organize a think tank to consider the status of service to traumatized children in the U.S. Out of that initiative came the National Child Traumatic Stress Network (NCTSN), which is attempting to change the way traumatized children are diagnosed and treated on a national and international basis. A decade after its initiation, the work of the Network reveals that our current diagnostic framework is grossly inadequate to capture the deficits in impulse control, self-regulation, aggression, and concentration in abused and neglected children.

It is troubling that the approximately 6 million children with histories of abuse and neglect continue to be diagnosed with such disorders as conduct disorder, bipolar disorder and reactive attachment disorder, none of which begin to describe what is going on with these children, and all of which are likely to result in treatments that focus on behavioral and pharmacological control. Not having an appropriate diagno-

sis impedes the possibility of research that would specifically target the underlying neurodevelopmental abnormalities of abuse and neglect, and prevents the development of appropriate treatments.

The Trauma Center took the lead within the NCTSN to formulate an appropriate diagnosis for abused and neglected children, Developmental Trauma Disorder, which has the support of the leading researchers of child maltreatment. Despite a support letter from all fifty Commissioners of Mental Health in the USA, and a database of 20,000 children and adolescents, the American Psychiatric Association, astonishingly, has been reluctant to recognize the reality of child abuse and neglect, and its impact on mind and brain.

Fortunately, a number of foundations (which at this point need to remain anonymous) are aware of the devastating effects of inappropriate diagnoses for these children and adolescents and have agreed to

support a field trial for Developmental Trauma Disorder. The Trial will be conducted in Boston, Chicago, Houston, San Francisco, Connecticut and Alaska - all sites that are part of the SAMSHA-funded National Complex Trauma Treatment Network. Bessel van der Kolk, MD and Julian Ford, PhD will be Principal Investigators; Joseph Spinazzola, PhD and Brad Stolbach, PhD will be project coordinators. The Trial will run November, 2009 through September, 2010. Six-hundred children will be studied, and 200 clinicians surveyed.

We hope that this Trial will inform services and decisions for traumatized children in the health care, judicial, educational, and social service fields; guide clinicians and professionals in developing more effective interventions, treatments, and services, resulting in reduced reliance on medication, institutionalization and out-of-home placement; leading to healthier, safer and more productive adult lives for millions of children and their families.

For more information please visit our website at www.traumacenter.org.



Dr. Bessel van der Kolk
Founder & Medical Director, Bessel van der Kolk, MD

Endowment Fund Watch

Last year we were able to contribute \$117,000 to the Catherine Jacobus Endowment Fund in large part thanks to a \$50,000 award from the Margaret Biddle Foundation that was matched by Trauma Center reserve funds. The interest from the Endowment Fund is being used to seed new program initiatives at The Trauma Center. **We will once again be able to match any donations to the Endowment Fund of the Trauma Center up to \$50,000.**

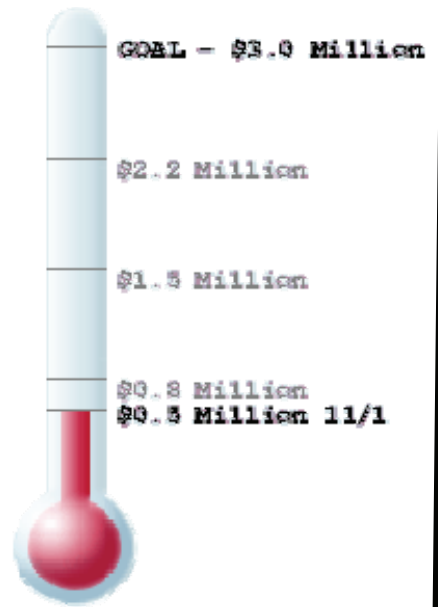
Our overall goal is to reach 3 million dollars. This level would ensure that The Trauma Center could exist in perpetuity because the infrastructure of the three branches (clinical services, research, and training) would be covered by the interest from the Endowment Fund. It is a long

road, but it is a worthwhile goal.

In addition, we will continue to raise money for various on-going programs, including Pathways to Permanency, Neurofeedback, Sensory Motor Arousal Regulation Treatment (SMART), and Yoga, to name a few. Last year, we were able to raise \$15,000 for the Pathways to Permanency Program. This year we are focusing our efforts on the SMART program with a similar goal of \$15,000. Next spring we will be hosting another fundraiser to support the SMART program.

If you have any questions about opportunities to support The Trauma Center, please contact Alexandra Cook, Ph.D. at (617) 232-1303, ext. 216.

Catherine Jacobus Endowment Fund



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

Currently Enrolling

Our NIH-funded study, Women's Yoga, Health & Self-Care, is currently screening interested participants.

Contact: Ritu Sharma at (617) 232-1303 x208

Behavioral Coping Skills Group for Women Trauma Survivors

Contact: Janice Stubblefield-Tave at (617) 232-1303 x218

Advanced DBT Adult Group

Contact: Ritu Sharma at (617) 232-1303 x208

This Artist's Path: A Therapeutic Group for Artists Impacted by Trauma

Contact: Ilya Yacevich at (617) 232-1303 x321

Healing Through Dance: For Women And Men Trauma Survivors

Contact Janice or Wendy at (617) 232-1303 x218

Trauma-sensitive Men's (Tues. evenings) and Women's (Wed. evenings & Sat. mornings) Yoga Classes for trauma survivors who are currently in therapy (at the TC or elsewhere).

Contact: Ritu Sharma at (617) 232-1303, x208.

For more information, visit our website at www.traumacenter.org

UPCOMING EVENTS...



NOVEMBER 17 & 18

Workshop: Yoga and the Traumatized Body:
A Training for Mental Health Clinicians

Presenters: Dave Emerson E-RYT and Elizabeth Hopper, Ph.D.

DECEMBER 7

Master Clinician Series:
Timing and Pacing of Phase-Oriented Therapy
Presenter: Joseph Spinazzola, Ph.D.

JANUARY 29, 2010

Sensory Motor Arousal Regulation Treatment (SMART):
Bottom-up Interventions for Childhood Trauma

Presenters: Alexandra Cook, Ph.D., Elizabeth Warner, Psy.D., Anne Westcott LICSW

For more information or to register for workshops, please visit:
www.traumacenter.org/training/workshops.php

Dr. van der Kolk's MONTHLY LECTURE SERIES

1st Thursday of every month, 12-1:15pm. FREE! No registration necessary.
Please visit www.traumacenter.org/about/lecture_series.php for topics.

ATTENTION: SAVE THE DATES!!!

The Trauma Center's 21st Annual International Psychiatric Trauma Conference will be in Boston, MAY 20-22, 2010

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