



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

Fall 2012

The Trauma Center turns 30!

By Alexandra Cook, Ph.D.

Associate Director

The Trauma Center at JRI

In 1982, hair was big, shoulder pads were bigger, and The Trauma Center was just beginning in the halls of Massachusetts Mental Health Center. The Trauma Center was born out of curiosity about how trauma impacts people's thinking. Bessel van der Kolk, M.D. was an Assistant Professor, and he joined forces with Nina Fish Murray, a child psychologist, who had studied with Jean Piaget. Together, they started a seminar that focused on how trauma impacts cognition.

Curiosity naturally leads to research. Dr. van der Kolk collaborated with Judy Herman, M.D. to conduct research on Borderline Personality Disorder and self-harm, bringing to light the critical role trauma plays in these clinical syndromes. Later, Glenn Saxe collaborated on the first neuroimaging research in trauma.



The Trauma Center's first grant was from the Department of Mental Health (DMH) to work with children and allowed for the first official employees to be hired, Louisa Medrano and Richie Foley. Shortly after that, the Trauma Center launched its psychology training program with three MSPP students- Patti Levin, Jean Bellows, and Elizabeth Rice-Smith. The next class included Kevin Becker and Sarah Stewart.

In 1989, The Trauma Center moved to MGH where the DSM field trials of complex trauma began. In 1994, The Trauma Center moved to Arbour. Most recently in 2005, we joined JRI and have been able to grow and continue the work that started in the halls of MMHC.

In honor of our 30th

Anniversary, we hope to raise enough money to support the van der Kolk Research Chair position. The Trauma Center was born out of curiosity about how trauma affects survivors, and Dr. van der Kolk has continued that work for 30 years. We are one of very few independent research voices in the field and it is vital that The Trauma Center continue to champion the voices of victims, their families, and the providers who care for them.

The Trauma Center is reaching out to providers, agencies, alumni, corporations, foundations, as well as survivors and their friends to support this mission. We hope that you will be able to donate to the effort, so that The Trauma Center can keep working on your behalf.

For more information, please contact Alexandra Cook at (617) 232-1303 x216.

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The Trauma Center receives Category II SAMSHA Award to lead the Complex Trauma Treatment Network of the NCTSN!

Spotlight on... Hilary Hodgdon, Ph.D.



Hilary Hodgdon, Ph.D.

Contributed by Joseph Spinazzola, Ph.D., Executive Director

Looking beneath the surface, deciphering puzzling and often seemingly conflicting information, and uncovering layers of meaning have all been integral facets of Dr. Hilary Hodgdon's approach to understanding the complexities of human dynamics since her early fascination with literary criticism as a Honors Humanities Program student at the University of Maryland, College Park. Likely, these qualities were possessed by Dr. Hodgdon long before that, and were merely awakened in college by her avid study of the human condition in favorite novels by John Irving and John Steinbeck.

At the Trauma Center, we are very pleased indeed that Hilary's passion to understand and shed light upon the dark places humans too often find themselves led her to declare a major in Psychology and launch an impressive course of scholarly inquiry that ultimately led her through our doors and into our hearts. Hilary

explained to us that what drew her most to the discipline of psychology was its rather unique status in academia as a meeting place of creativity and science. From her undergraduate research with Nathan Fox on infant temperament and mother-child interactions to her subsequent two year fellowship with Danny Pine at the National Institute of Mental Health conducting fMRI research examining the neurobiology of risk-taking and aversion in traumatized youth, Hilary Hodgdon steeped her self in creative and rigorous methods of discovery in the realm of normative and traumatic pathways of child development. In graduate school, she intensified her research on high-risk youth, participating in Larry Steinberg's renowned longitudinal study of some of our nation's most disadvantaged, high-risk youth in the juvenile justice system. Dr. Hodgdon's dissertation on this work, derived from hundreds of hours of in-person interviews conducted in the most misbegotten neighborhoods of Philadelphia, revealed importantly that it was none other than the *emotional abuse* that many these youth experienced by their primary caregivers—that most strongly predicted their engagement in interpersonal aggression and criminal violence.

Dr. Hodgdon's research only served to affirm her commitment to becoming a psychotherapist, and her determination to find a professional

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Education: B.A. in Psychology, University of Maryland; Ph.D. in Clinical Psychology, Temple University; APA Internship, Didi Hirsch Community Mental Health Services, Los Angeles; Postdoctoral Fellowship, The Trauma Center at JRI

work environment which would allow her to combine research and clinical practice—in defiance of the admonitions of more than one of her esteemed advisors that to do both was impossible and that she would have to choose. Hilary identifies the synergy between this personal commitment and our Center's mission more than anything as what led her to our door, to excel with us as a postdoctoral fellow, and now to make this her professional home.

"The Trauma Center has enabled me to combine clinical work, research and training; and above all, to advance healing approaches that recognize the mind-body connection: To overcome the legacy of trauma we have to address the body!"

Ethiopian Trauma Network Launched!

Contributed by Ilya Yacevich, LMFT

The Trauma Center at JRI is proud to be collaborating on a newly launched trauma initiative in Ethiopia: The Ethiopia Trauma Network (ETN) led by Ilya Yacevich, LMFT. The ETN is a network of residential, academic, and clinical providers throughout Ethiopia, working to reduce the impacts of complex trauma on children and families by strengthening systems of support.

Approximately 5 million orphans reside in Ethiopia, due to AIDS, poverty, and other factors. One Ethiopian study found that over 88% of female and over 77% of male children living on the streets reported experiencing violence, including physical abuse and rape.

In June 2012, Selamta Family Project, along with Addis Ababa University Department of Psychology, Posterity Psychological Therapy and Training Center, and the Trauma Center at JRI, formed the "Ethiopia Trauma Network" (ETN).

Initial goals of the ETN are to:

1. Establish a community of professionals dedicated to collaboration, with expertise on issues and treatment of complex trauma and compounded stress; and who provide training, supervision, and on-going consultation to a wide range of providers.
2. Work with established systems of care (including residential programs, schools, hospitals, and clinical providers to ensure the existence of "Centers of Excellence"



throughout the country, which provide best practices in minimizing the impacts of complex and developmental trauma.

3. Raise public awareness of the scope and serious impact of traumatic stress on the safety and healthy development of Ethiopia's children and families.

For more information, or to get involved, please contact: "Ethiopia Trauma Network" on Facebook or iyacevich@jri.org.

Cutting Edge...Trauma Sensitive Yoga

Contributed by Jennifer West, Ph.D., Alison Rhodes, LCSW, Ed.M., Laura Stone, M.A. & Joseph Spinazzola, Ph.D.

For thousands of years, practitioners of yoga – an integrated practice of physical movement, breathing exercises, and meditation techniques – have touted its myriad physical and emotional benefits. Lead by Dr. Bessel van der Kolk, the Trauma Center secured the first NIH grant to study the efficacy of yoga for treating posttraumatic stress disorder (PTSD). This study randomly assigned women with chronic, treatment non-responsive PTSD to either our Center's Trauma Sensitive Yoga (TSY) protocol or a women's health education control group. This is a particularly important population as more than one-third of the 10 million women with histories of interpersonal violence in the US develop PTSD during their lifetime. The aftermath of traumatic life experiences, particularly in cases of childhood abuse, commonly involves affect and impulse dysregulation, poor interoceptive awareness, and disconnection from present moment experiences. This constellation of symptoms poses major obstacles to resolving PTSD, and traditional therapies are often ineffective or result in high rates of dropout.

In contrast to treatments that focus on verbal processing of traumatic memories, TSY emphasizes working with the body to resolve PTSD and related conditions. Study results revealed that yoga group participants were significantly more likely than the women in the control group to no longer meet criteria for PTSD,



Dave Emerson, E-RYT and Jenn Turner, LMHC, RYT, TC Yoga Program Director and Coordinator, readying themselves for a class

with effect sizes comparable to well researched psychotherapeutic and psychopharmacological approaches. In addition, qualitative data suggested that TSY heightened body awareness and the ability to identify and tolerate physiological and emotional states; and encouraged healthy responses to internal experiences that were previously avoided or dissociated. In consequence, participants reported increased ability to engage in present moment experience and a greater sense of empowerment and personal agency in their current lives.

A statement from one of the study participants highlights many of these outcomes:

"I feel more centered and more positive... I have more control over my decisions... I am more connected to my body... moving along with breath, even just relaxing, would affect how I felt for the rest of day... I could think more clearly... yoga makes me feel more connected to myself. More solid."

While TSY's impact may be considered "fast-acting" in that participants noted significant changes after the 10 week study protocol, results from a follow-up study now underway suggest long-term benefit is dependent on continued practice, with frequency of ongoing practice emerging as the strongest predictor of long-term reduction of PTSD symptoms and depression.

One major implication of this research is the potential of TSY to empower survivors to take an active role in healing by teaching ways to use and rely on one's body and breath to manage distressing symptoms more effectively and create positive change in their lives. We view these findings as merely the beginning of a paradigm shift involving incorporation of yoga and other forms of innovative, mind-body intervention for PTSD, highlighting the role of somatic regulation in recovery from chronic, complex traumatic stress.

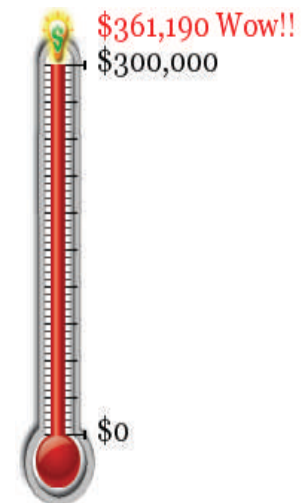
Trauma Center awarded several major new grants in 2012!

Contributed by Joseph Spinazzola, Ph.D.

This has been an incredibly prolific season for the Trauma Center, with 3 major new grants awarded for 2012. First and foremost, our Center was awarded a highly competitive 4-year, SAMHSA-funded **Category II National Child Traumatic Stress Network grant** to lead the Complex Trauma Treatment Network, a multisite initiative to train large systems of care in over 20 states across the United States to recognize and respond more effectively to the needs of children, families and community impacted by complex trauma. Notably, this award positions our Center as one of only 4 programs nationwide to be continuously funded member of the NCTSN since its inception in 2001. In addition, several Category III community practice sites around the country were funded to adopt and disseminate our Center's ARC treatment

model! Second, the Trauma Center was selected as one of only 6 **National Action Partnerships** by the federal Office for Victims of Crime (OVC) to oversee a national training and technical assistance initiative for multidisciplinary providers-- including juvenile justice, the courts, child welfare and law enforcement-- serving children and adults impacted by polyvictimization. Finally, OVC also renewed our Center's longstanding grant to conduct **Project Reach**, which provides mobile evaluation, brief intervention, triage, multidisciplinary provider training and assistance with T-visa applications for child and adult victims of human trafficking identified nationwide. Each of these projects continues to expand the national reach of our mission, and enables our vital work to continue!

DTD Fund Drive



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.

The Art of Healing Group for Adult Men and Women Artists who are Trauma Survivors:

Contact:

Janice Stubblefield-Tave at (617) 232-1303, x218.

Trauma-Sensitive Yoga Classes For Women & Men:

Wednesday evenings 6:00 pm and

Saturday mornings 9:30 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.



Please "LIKE"

The Trauma Center

at JRI on

FACEBOOK!



UPCOMING EVENTS...



TRAUMA CENTER at JRI WORKSHOPS:

Dec. 3, 2012: The Skills System for Trauma:
An Emotional Regulations Skills Curriculum for Trauma Survivors
of All Learning Abilities —
Julie Brown, LICSW

April 10-11, 2013: Treating Adults with Co-Occurring
Complex PTSD and Substance Use Disorders:
An Emotion Regulation Approach —
Julian Ford, Ph.D.

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

May 29-June 1: **SAVE THE DATES!**
The 24th Annual International Trauma Conference
at the Seaport World Trade Center in Boston

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.



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