



Fall 2013

# Thank You to all the Donors!

By Alexandra Cook, Ph.D.  
Associate Director  
The Trauma Center at JRI

The Trauma Center marked its 30th anniversary by achieving its fundraising goal of \$300,000! Thank you to all of the supporters of this important undertaking. A full list of donors is posted on our website under the 30th campaign link.

Over the course of the year, I heard from many of you about what The Trauma Center has meant to you. Some are grateful for the quality treatment they have received for either themselves or their family. Others have focused on the critical role The Trauma Center has played in advancing the field of traumatic stress research. Still others have been thankful for the free access to publications and resources on our website that would otherwise be unavailable. All have been appreciative of our effort to give voice to those who have been silenced. Thank you so much for your support!



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# SMART: Preschools and Overseas

By Elizabeth Warner, Psy.D., SMART Project Director

The SMART project, a vision and a plan at the Annual Trauma Conference in 2008, began seeing children and teens in the new SMART room at the Trauma Center clinic in early 2009. Families, their children, therapists and the SMART team contributed to the development of a model as we saw how movement (sensory motor input), an opportunity for play, and an attuned therapist who was willing to follow the child's lead were ingredients for a full trauma psychotherapy. The SMART manual, published in 2011, is now ready for an additional chapter on integrating caregivers into a SMART treatment, and we are planning for an improved training for residential milieu staff in the JRI treatment centers where we are currently working.

This past year, there have been some interesting initiatives. Along with Joe Spinazzola, Liz Warner was invited to Hong Kong to train clinical staff at the Hong Kong Boys and Girls Club, a large social service agency that hope to establish a trauma specialty. At HKBGC, we found an already (...Continued on page 3)



## Spotlight on... New Trainees

*Contributed by Margaret Blaustein, Ph.D., Director of Training*

**Amy Fingland, M.A.** is in the second year of her Fellowship. In addition to outpatient work at the Trauma Center, she provides clinical services at Meadowridge Academy in Swansea, MA, a residential program for trauma-impacted youth.

**Nyssa Green, Psy.D.** is a second-year postdoctoral fellow who, in addition to outpatient work at the Trauma Center, provides clinical services at the van der Kolk Center in Marlborough, MA, a residential program for trauma-impacted adolescents.

**Liz Gruenfeld, Ed.M., MSW** is a second-year predoctoral social work intern working with Project REACH.

**Lia Martin, Ph.D.** is a first year postdoctoral fellow working as the research coordinator and manager of CATS, a large multi-site database for JRI, as well as providing outpatient services. She is a recent graduate of Michigan State University.

**Jessica Pierre, Ed.M., M.A.** is a first year predoctoral intern at the Trauma Center. She is a third year clinical psychology student at the Massachusetts School of Professional Psychology.

**Sujata Swaroop, Psy.D.** is a first year postdoctoral fellow working on Project REACH and providing outpatient services. She graduated from The Chicago School of Professional Psychology with a concentration in International Psychology and Human Rights.

**Alysha Thompson, Ph.D.** is a first year postdoctoral fellow working at the Walden Street School, a residential program of JRI, as well as providing outpatient services. She recently graduated from Suffolk University.

**Elaine Veracruz, M.A.** is a first year predoctoral intern and graduate student at the Massachusetts School of Professional Psychology.



Back row: Jessica Pierre, Sujata Swaroop, Elaine Veracruz, Alysha Thompson, Liz Gruenfeld, Amy Fingland. Front row: Lia Martin, Nyssa Green

## Pathways to Permanency Program: 5 Years Later

*By Rona Sandberg, LICSW*

The Pathways to Permanency Program (P2P) strives to strengthen and support families in providing foster and adoptive children with a nurturing and stable home environment. The P2P model of service takes into account the specific needs of foster/adoptive children and their families as well as the overarching impact of trauma. The program offers specialized consultative services to caregivers and providers, adoption-specific family consultations and therapy, as well as workshops and trainings on issues related to parenting of traumatized youth within the child welfare system.

The Pathways to Permanency Program (P2P) has entered its fifth year of existence and we are pleased that it is continuing to flourish and expand. P2P has served over 60 new families from all across the state in the last year alone. We have successfully been able to establish close relationships with many DCF area offices as well as private

adoption agencies. Examples of recent referrals include: preparing a sibling group with a severe trauma history and living in separate foster homes for their new pre-adoptive placement, working with pre-adoptive families at risk of disruption, and offering consultation and guidance to a birth mother and her children as they prepared for reunification from foster care.

P2P is now located at two sites through the Justice Resource Institute - The Trauma Center in Brookline, MA and Metrowest Behavioral Health Center in Acton, MA. We have expanded our P2P staff in both locations and currently have the capacity to provide Spanish-speaking consultations. Services are available through a DCF contract, self-pay and Victim's Compensation.

For more information or to make a referral for services, please contact Rona Sandberg, LICSW at 617-232-1303 x223 or [rsandberg@jri.org](mailto:rsandberg@jri.org).

## Cutting Edge...Research Updates

Contributed by Hilary Hodgdon, Ph.D.,  
Associate Research Director

### Neurofeedback:

EEG Biofeedback, or Neurofeedback (NFB), is a technology based training paradigm that helps individuals to actively change their brain's electrical patterns through reward based learning. Neurofeedback is a promising practice for people who have experienced trauma and the Trauma Center has made a commitment to expanding the empirical research base supporting the efficacy of NFB training, as well as more clearly defining appropriate and effective training protocols. A randomized control trial comparing NFB to waitlist control is currently nearing completion. To date, 21 study participants have successfully completed 24 sessions of active Neurofeedback treatment and 21 study participants have completed the waitlist condition. Preliminary study findings are very promising and data analysis is currently underway. Look for a publication on the NFB study which will be forthcoming in the Spring of 2014!

### Developmental Trauma Disorder Field Trial:

The Developmental Trauma Disorder (DTD) Field Trial is now entering a second wave of

data collection (Phase III), supported by funding from the Lookout Foundation. Phase I of the study (complete) was conducted to determine the discriminability of each DTD item from other existing disorders and assessed the amenability of DTD to existing evidence-based treatments for those disorders. 472 self-selected medical, mental health, counseling, child welfare, and education professionals viewed DTD criteria as: 1) comparable in clinical utility to criteria for PTSD and other psychiatric disorders; 2) discriminable from and not fully accounted for by other disorders; 3) and refractory to existing evidence-based psychotherapeutic treatments. Phase II of the field trial, which is complete, entailed assessing children and caregivers at seven sites across the country to test the clinical utility and psychometrics of the DTD framework. The findings from Phase I of the DTD study have recently been published in the Journal of Clinical Psychiatry in an article entitled "Clinical Significance of a Proposed Developmental

Trauma Disorder Diagnosis: Results of an International Survey of Clinicians" (Ford, Grasso, Greene, Levine, Spinazzola, & van der Kolk, 2013).

### Trauma Sensitive Yoga Program:

The Trauma Center has had an active yoga program for trauma-impacted individuals with research support from the National Institute of Complementary and Alternative Medicine (NCCAM). In our randomized control trial of yoga for PTSD, we found short term (10 weeks) group based yoga intervention to be effective for reducing symptoms of PTSD and increasing affect regulation, in comparison to a Women's Health Education group. In addition, 16 out of the 31 (52%) of the women participating in the yoga group no longer met criteria for PTSD at the post-treatment assessment, in comparison to only 6 out of 29 (21%) of the control group members.

## SMART: Preschools and Overseas (cont.)

established sensory integration occupational therapy room with wonderful equipment and the Trauma Center contributed a weighted blanket brought over from Boston. The staff spoke English well enough to fully participate in an active training, and loved Joe's trauma drama games, and Liz's experiential activities designed to get therapists learning how movement with the equipment and an attuned therapist can make a difference in how you feel. For SMART, this was the first international training.

Another initiative started with a grant from the Marigold Foundation to the Preschool Outreach Program at the Home for Little Wanderers, directed by Paul Creelan. After a two-day intensive SMART

training, therapists began seeing young children ages 3-7, in their new SMART room, and according to Julie Mumford, clinical supervisor, transformed their practice. At present, less than a year later, their SMART room has a waiting list, and they hope to build a second room in order to accommodate the need for the young children. POP is becoming our pilot for a collaborative outcome evaluation plan using JRI's Client Assessment Tracking System, a project we look forward to with excitement and curiosity about what we can learn about treatment of young children.

*Please consider donating to the Trauma Center's Endowment Fund!*

*Visit [www.traumacenter.org](http://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:

Thursdays, 4:00 p.m.  
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.



Please "LIKE"

The Trauma Center  
at JRI on  
FACEBOOK!



## UPCOMING EVENTS...



### TRAUMA CENTER at JRI WORKSHOPS:

Jan. 29-30, 2014: Treatment of Complex Childhood Trauma: The Attachment, Self-Regulation and Competency (ARC) Framework— Margaret Blaustein, Ph.D.

April 2-3, 2014: Advanced Applications of Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) — Jessica Griffin, Psy.D. and Jessica Wozniak, Psy.D.

For information on these and other workshops, please visit: [www.traumacenter.org/training/workshops.php](http://www.traumacenter.org/training/workshops.php).

SAVE THE DATES!

May 28-31, 2014: The 24th Annual International Trauma Conference at the Seaport World Trade Center in Boston

July 21-24, 2014: The Trauma Center's 3rd Annual Summer Training Institute on Cape Cod

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](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](http://www.traumacenter.org)

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