

Fall 2015

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## Lookout Foundation Establishes Mind-Body Post-Doctoral Fellowship Program

The Lookout Foundation was established in 2010 as the first US foundation to explicitly target complex trauma as one of its primary areas of focus. Its mission: to catalyze a national paradigm shift in understanding and integration of complex-trauma informed youth services. The Foundation awarded its first major grant to the Trauma Center in 2013 to fund the final phase of Developmental Trauma Disorder Field Trial, a vitally important national multisite epidemiological study examining the effects of complex trauma and seeking to establish an accurate diagnosis for impacted youth that overcomes stigma, instills hope and guides effective treatment. With its most recent award to the Trauma Center, Lookout seeks to support the next generation of mental health experts in their study of cutting edge trauma-informed interventions.

We are thrilled to announce the creation of the Trauma Center-Lookout Foundation Mind Body Fellowship Program, a 2-year postdoctoral program that will afford a pair of fellows the unique opportunity to profoundly influence the mental health field through the uninterrupted immersion in intensive exploration, testing and development of innovative mind-body approaches to complex trauma assessment and intervention. As Joseph Spinazzola, Executive Director of the Trauma Center explains, “most postdoctoral programs for clinical psychologists rely upon funding that result in fellows getting bogged down by tasks that consume the majority of their time and energy, whether these entail coordination of a predetermined research study or delivery of specific types of clinical services. Through this landmark award our Lookout Fellows will have the freedom and flexibility to go where the work takes them as they explore cutting edge technologies to measure the imprint of trauma on real-life clients and advance the evidence base of exciting new treatments. Essentially, in one bold move, Lookout Foundation has engendered the first “MacArthur Foundation-like” fellowships in the complex trauma field. Dinah Buechner-Vischer, president of Lookout Foundation states, “We are very excited

about the Fellowship Program Partnership with the Trauma Center. We hope the program helps accelerate approaches to mind-body assessment and intervention.”

A national search for the first pair of fellows is underway, with the first cycle to begin in September 2016. The stakes are high: if this initiative proves fruitful, it is the intention of Lookout Foundation to continue to co-sponsor successive cohorts of fellows. Concludes Dr. van der Kolk, “Our task will be to channel the creativity and acumen of some of the most talented young clinical researchers in the country, and encourage them to take risks and challenge dated beliefs in their quest to figure out what works for individuals whose lives have been profoundly shaped by trauma. If we succeed, we’ll not only be guiding our fellows on a path to become the next generation of traumatic stress pioneers, we may just transform the field.”

Visit our website “[www.traumacenter.org/training/postdoc\\_training.php](http://www.traumacenter.org/training/postdoc_training.php)” for more information about the Trauma Center-Lookout Mind Body Fellowship, including application instructions and deadlines.



Dr. Elizabeth Warner (left) conducting a SMART Training in Hong Kong, September 2015.

# Celebrating 10 Years with JRI

## **Spotlight on... Sinead McLaughlin, LICSW**

*Contributed by Marla Zucker, Ph.D., Clinical Director*

An awareness and appreciation of individual differences due to cultural background has always been a part of Sinead McLaughlin's life experience. As a first generation American to parents who migrated to the U.S from Ireland, Sinead was raised with many of the values and traditions of her parents' home country while also assimilating to the customs and routines of American life.

Sinead's relationship with the Latino culture began in adolescence when she was an exchange student in Argentina. After graduating college, Sinead was again drawn to seeking out cultural experiences that could only be obtained by living in a foreign country, so she bought a one way ticket and moved to Valencia, Spain.

When Sinead decided to pursue a Master's degree in Social Work, her first year internship at UCLA was working with immigrants from Central and South America. Here is when Sinead first became aware of the daily struggles with racism, poverty, and violence that many Hispanic immigrants encounter upon coming to America, often fleeing from even greater violence and poverty in their home countries. For Sinead, this clarified her professional goals and solidified her passion for working with a Spanish speaking population.

To better serve this population, Sinead decided to move to Ecuador after receiving her MSW from Smith

College. Although her initial plan was short term, Sinead remained there for almost 7 years, serving as the Dean of Counseling at La Universidad San Francisco de Quito where she provided therapy to Ecuadorian nationals, indigenous populations, and even American students studying abroad.

When Sinead decided to move back to the U.S. in 2007, she was determined to continue serving the Spanish speaking population. While working at a community health center, she quickly became aware of the degree to which complex trauma was impacting her clients' lives. In order to best serve her clients, Sinead sought out trainings that would allow her to bring the most current trauma-informed modalities to an underserved and largely disenfranchised population. Beginning at The Trauma Center with the Trauma Certificate Course, she later went on to learn EMDR, ARC, TF-CBT, Sensorimotor, and IFS strategies to offer to her Spanish speaking clientele.

In October 2015, Sinead joined the Trauma Center as a staff clinician and Victim Services Provider for our Victims of Crime Act (VOCA)-funded program. The Trauma Center is excited to announce that we are now able to offer up to 18 months of free psychotherapeutic services to monolingual Spanish speaking individuals who have been victims of crime. Through VOCA, Latino individuals over 14 years old can access the specialized trauma-informed therapy services for which The Trauma Center is known.

## **ARC teams up with Annie E. Casey Foundation to develop new curriculum for foster parents**

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

This past year, TC-JRI has begun an exciting collaboration with the Annie E. Casey Foundation (AECF) to develop and launch ARC Reflections, a skills-based curriculum for foster parents based on the ARC treatment approach. Margaret Blaustein and Kristine Kinniburgh, ARC co-developers, have utilized funding from AECF to develop a 9-session curriculum, along with associated materials, facilitator guide, and parallel child welfare worker information packet. The curricu-

lum will be piloted in Fairfax, VA and in 6 counties of western North Carolina in collaboration with local child welfare systems, targeting all foster parents in those regions. We anticipate public availability of this curriculum by 2017 after further evaluation and refinement. We are excited to partner with AECF, regional child welfare systems, and foster parents to support positive outcomes for trauma-impacted youth in care. Keep an eye on our website for further information about ARC Reflections and its availability!

## Cutting Edge...Research Updates

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

### Biofeedback for Trauma:

Biofeedback interventions, including EEG Biofeedback (Neurofeedback: NFB) and Heart Rate Variability (HRV) Biofeedback, are technology-based training paradigms that help individuals to actively change their physiological responses through reward-based learning. We recently completed a randomized controlled trial comparing NFB to wait-list control with 52 adults with chronic PTSD. The study results showed significant reductions in symptoms of PTSD and increased executive functioning for participants who received 24 sessions of NFB versus the wait-list. The Trauma Center is currently conducting a second randomized trial examining the efficacy of two types of biofeedback, NFB and HRV biofeedback, for children ages 8 to 13 years of age who have a history of multiple trauma exposures.

### Developmental Trauma Disorder Field Trial:

The Developmental Trauma Disorder (DTD) Field Trial is now completing a second wave of data collection (Phase III), supported by

funding from the Lookout Foundation. The DTD study was prompted by research and clinical work that made clear the crucial need for a developmentally appropriate diagnosis for youth affected by exposure to violence, multiple separations from caregiver and/or chronic abuse and neglect. These stressors place children at risk for receiving multiple psychiatric diagnoses, which are often refractory to well-established evidence-based mental health treatments. 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. 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. Currently, the second wave of data collection (Phase III) is underway, focused on collecting data that will inform the convergent and discriminant validity of the DTD diagnosis.

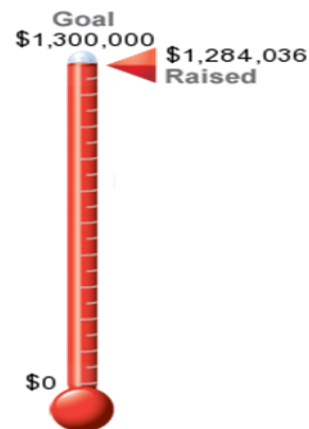
### Internal Family Systems (IFS) Study

The Trauma Center is currently conducting a pilot intervention study of IFS therapy with adults with PTSD. IFS was recently established as an evidenced-based practice by the National Registry of Evidence Based Practices (NREP), but further empirical evidence showing its utility with trauma impacted individuals is needed. The IFS model is a synthesis of systems thinking and the multiplicity of the mind, enlisting concepts and methods from the structural, strategic, narrative and Bowenian schools of family therapy and applying them to the world of subpersonalities or "parts." The Trauma Center is investigating if 16 weeks of IFS treatment leads to clinically significant reductions in symptoms of PTSD and depression - the study is currently ongoing so look for results in the Summer of 2016!

## Endowment Update: We are almost there!

Contributed by Alexandra Cook, Ph.D., Associate Director

In 2007, the Catherine Jacobus Endowment Fund was established to ensure the existence of the Trauma Center by supporting each of its 3 branches: Clinical, Training, and Research. We began the process of raising 1.3 million to support a Directorship in Research - and we are almost there! The 30th Anniversary campaign raised over \$300,000 to break 1 million. Now we are at **\$1,284,036**. With your help we can reach the first part of our goal to have a Trauma Center that will never be closed due to changes in funding. Please help us reach this goal by the end of this year! There is an envelope included in this mailing for your convenience. Thank you for your continued support and encouragement, both financially and otherwise!



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

## Currently Enrolling:

The Trauma Center **Developmental Trauma Disorder** Field Trial is enrolling children ages 8 to 17 who have had none or no more than two stressful or traumatic incidents in their lifetime to participate in a one-time, 2-3 hour interview. Contact Jackson Ravenscroft at (617) 232-1303 x348.

The Trauma Center **Child Biofeedback Study** is enrolling children ages 6 to 13 who have had at least two stressful or traumatic incidents in their lifetime and psychosocial or behavioral issues to participate in a randomized control trial of biofeedback treatment. To be eligible, your child must be in ongoing therapy for at least three months. Contact Ainat Rogel at (617) 232-1303 x240.

### Trauma Center Trauma-Sensitive Yoga Classes For Women & Men:

Wednesday evenings 6:30 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 Jenn Turner at [jturner@jri.org](mailto:jturner@jri.org).



Please "LIKE"

The Trauma Center  
at JRI on  
FACEBOOK!



## ANNOUNCEMENTS...



**NOW ACCEPTING APPLICATIONS!**  
**Six Postdoctoral Fellowship Positions Offered  
for 2016-2018. Please visit:**

[http://www.traumacenter.org/training/postdoc\\_training.php](http://www.traumacenter.org/training/postdoc_training.php)  
for information and application.

**SAVE THE DATES!**

June 1-4, 2016: The 27th Annual International Trauma Conference  
at the Seaport World Trade Center in Boston

July 18-22, 2016: The Trauma Center's 5th Annual  
Summer Training Institute on Cape Cod

**Behavioral Coping Skills Group for Adult Women Trauma Survivors**  
(now taking inquiries for the waiting list):  
Tuesdays, 3:30 pm. Contact Janice Stubblefield-Tave at (617) 232-1303 x218.

**For more information about The Trauma Center at JRI  
or to make a tax-deductible 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).

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