ARC Book is Published in March

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

We are pleased to share news about the release of a new book, "Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency." The book, released in March, 2010 and authored by TC-JRI staff members Margaret Blaustein and Kristine Kinniburgh, describes treatment principles and strategies derived from the ARC treatment framework, and focuses on the understanding and treatment of children and families impacted by chronic developmental trauma. This book is the result of many years of work with the children and families at the Trauma Center and the consultations and trainings done across the country by the authors. The framework elucidated in the book now provides a way of looking at the impact of trauma on the children and adolescents in residential treatment centers, outpatient clinics and outreach programs that is helpful to those on the frontlines of trauma treatment. Further information is available at www.guilford.com.

2nd Annual Auction: A good time was had by all!

Chris Yang (right) and his southern roots' band taking center stage at Gargoyles on the Square.

The SMART team of (l to r) Alexandra Cook, Anne Westcott, Liz Warner, and Jane Koomar were extremely grateful for all the generosity shown this evening.
Many Thanks to the Trauma Center’s Benefactors
Alexandra Cook & John Conforti
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SMART
- Integration of Trauma Theory, Sensory Integration, and Sensorimotor Psychotherapy
- Tools for regulating arousal

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

A big thank you to all who supported the Trauma Center’s 2nd Auction! What an incredible evening with good food, great company, and tremendous entertainment. The evening kicked off with a silent auction featuring the talents of Trauma Center staff and friends, including a jewelry making party, Red Sox tickets, theater tickets, and art by our very own Fran Grossman. The setting was at Gargoyles on the Square in Davis Square with Chris Yang and his band rocking the house. It was a time for old colleagues and new friends to connect amidst the lobster rolls and other delicious hors d’oeuvres.

The climax of the evening was the Live Auction featuring 11 exciting items, most notably, Red Sox tickets, vacation homes, and an evening of culinary delight offered by Jay Murray of Grill 23.

All in all, the event raised over $12,000 for the SMART Program. This program is developing a treatment approach for traumatized children and their caregivers that utilizes sensory motor equipment and techniques to regulate arousal.

For more information about opportunities to donate to the Trauma Center, contact Alexandra Cook at (617) 232-1303, ext. 216.
Contributed by Bessel van der Kolk, M.D., Medical Director

In Volume III, Issue 2 of this newsletter, I wrote about the need to formulate an appropriate diagnosis for the millions upon millions of children and their adult counterparts with histories of abuse and neglect who continue to be misdiagnosed and therefore, are unlikely to receive appropriate treatments. The Trauma Center took the lead within the National Child Traumatic Stress Network (NCTSN) to propose a new clinical syndrome: Developmental Trauma Disorder (DTD), to be included in the forthcoming Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V).

Responding to overwhelming input from the public, including endorsements from many esteemed agencies and organizations, the American Psychological Association (APA) will most likely include this diagnosis in the DSM-V if we are able to delineate the precise boundaries of this condition with a field trial to be completed before June, 2011.

With thanks for a generous grant from the Nathan Cummings Foundation, Phase I of this Field Trial, a national clinician survey, received full funding. Phase I was just launched in June and will provide information regarding current diagnostic practices and assess practitioner’s perception of the utility of the proposed DTD diagnosis to improve clinical conceptualization and treatment planning. This Clinician Survey has been finalized and is now ready to be completed by practicing clinicians and child welfare personnel serving youth ages 18 and under. To access the survey, please visit https://www.surveymonkey.com/s/5CWTSXD. Deadline for completion is Friday, July 30th. It’s a complex survey, so be sure to leave yourself ample time and complete with a focused, well-rested mind!

Phase II of the DTD Field Trial will consist of a national multisite epidemiological child maltreatment diagnostic and comorbidity study. This Phase of the Trial is scheduled to begin by October and to be conducted in Boston, Chicago, Houston, Michigan, Connecticut and Alaska; with the possible addition of an infant/toddler study cohort depending on the success of fundraising efforts.

Already there has been an amazing grassroots surge from across the U.S. and beyond...in one month’s time we have exceeded our expectations and received over $200,000 from over 200 individuals, non-profit organizations, family trusts and foundations, including sizeable contributions from Anchorage Community Mental Health Services, the J.D. Salinger Trust, the Timothy and Michele Barakett Foundation, the Cammack Family Gift Fund and ANS Research Limited. This translates into sufficient funds to ensure that Phase II of the Field Trial will take place in at least four of the target sites. Increasing fund generation by an additional $100,000 by summer’s end will enable us to launch the full scale, six-site field trial to ensure maximal power and generalizability of findings. While it’s imperative that we are already two-thirds of the way there, I cannot tell you how heartening it’s been for me and my colleagues at the Trauma Center to witness how this has come to pass, through the largest consortium of private mental health field trial funders in our recollection, ranging from $5 donations from adult trauma survivors to a $50,000 anonymous donation from a philanthropic organization. If we can once again exceed expectations by summer’s end and surpass our target of $300,000, we may even be able to include an early childhood (aged 0-5) study cohort through the University of California in San Francisco. This would add a critical developmental cohort to the Field Trial requiring integration of more complex design features given the limited applicability of language-based evaluation components for this cohort.

It is exceedingly rare that we have the opportunity to effect far-reaching change to society. This summer we are at one such tipping point. This is your opportunity to take direct action. You can personally help transform medical knowledge and quality of care for all those impacted by maltreatment and neglect by contributing a tax-deductible donation to the “DTD Field Trial, JRI Trauma Center”. Further information on how to donate and a list of current donors can be found at http://www.traumacenter.org/products/DTD_Field_Trial.php.

Endowment and Program Development Donors

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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, x218.

Trauma-Sensitive Yoga Classes:
  Men’s (Tues. evenings) and Women’s (Wed. evenings and 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.

NOW ACCEPTING APPLICATIONS:
The Trauma Center Training Institute’s Certificate Program in Traumatic Stress Studies for 2010-2011.
For more information, please visit:
www.traumacenter.org/training/certificate_program.php.

MONTHLY LECTURE SERIES:
1st Thursday of every month, September through June.
12:00-1:15 pm. FREE! No registration necessary.
Lectures presented by Bessel van der Kolk, M.D.
For more information about guest lecturers and topics, please visit our website at: www.traumacenter.org.

ATTENTION: Our National Institutes of Health-funded study, Women’s Yoga, Health & Self-Care, is currently screening interested participants. Contact: Ritu Sharma at (617) 232-1303, x208.

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