



Spring 2017

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Dr. Ernestine Briggs-King Announced as Honorary Van der Kolk Research Director

Contributed by Joseph Spinazzola Ph.D., Executive Director

It took a decade of intensive fundraising and strategic planning, but we've finally done it! The Trauma Center has officially launched the Van der Kolk Chaired Research Directorship. This position was created to ensure the long term sustainability of our Center as an international leader in clinical research advancing understanding, proper diagnosis and effective treatment for children and adults impacted by complex trauma. From 2017-2019, the Van der Kolk Research Directorship is being activated as an Honorary Chaired position. We are thrilled to announce that the Honorary Chair will be held by Ernestine Briggs-King, Ph.D., Director of the Data and Evaluation Program at the National Center for Child Traumatic Stress, Duke University. A longstanding colleague of our Center, Dr. King is a co-investigator on the prestigious Longitudinal Study of Child Abuse & Neglect (LONGSCAN), is a recipient of the NIH/NICHHD funded Long-Term Minority Investigator Research Supplement, and is a national expert on the intersection of trauma, culture, gender and systemic issues, as well as on the development and evaluation of interventions with urban, minority youth at risk for



Dr. Ernestine Briggs-King, Ph.D.
Honorary Van der Kolk Research Director

maltreatment, delinquency and sexual risk-taking. In her role as the Honorary van der Kolk Chair, Dr. King will serve as a mentor to the Trauma Center's Director of Research Operations, Hilary Hodgdon, Ph.D., helping to shape the vision, enhance the scientific rigor, and broaden the reach of the Trauma Center's program of research into the next generation. Please join us in welcoming Dr. King to this critical role!

Trauma Center Models added to the National Registry of Evidence-Based Practices & Programs (NREPP)

Contributed by Joseph Spinazzola Ph.D., Executive Director

2016-2017 has been a banner year for the Trauma Center in terms of richness and breadth of research and scholarship. During the past twelve months, the Trauma Center has published more multi-authored, peer-reviewed, journal articles—showcasing a greater number of Center faculty as first authors— than in the entire first two decades of the Trauma Center's existence combined. Our commitment to Center-wide participation in scholarly clinical research culminated in the first two of our clinical intervention models— Trauma Center Trauma Sensitive Yoga (TCTSY) and Sensory Motor Arousal Regulation Treatment (SMART)— attaining the stringent empirical benchmarks necessary for inclusion in NREPP, the nation's high-water mark for evidence-based practices. This critically important accomplishment will help to make innovative, mind-body interventions available to trauma clients nationwide, and enable therapists to obtain insurance reimbursement for these services. Notably, the addition of TCTSY and SMART into NREPP broke down two major barriers, marking the first entry of either a yoga-focused or sensory motor-based intervention into NREPP.

Spotlight on...Jana Pressley, Ph.D.

Contributed by Margaret Blaustein, Ph.D.

Division Director, Trauma Training and Education

The Trauma Center at JRI was enriched this past year by the arrival of Dr. Jana Pressley, our new Director of Education and Professional Development in July 2016. Dr. Pressley brings a long and rich history of leadership in clinical training programs at Richmond Graduate University in Tennessee and Wheaton College Graduate School in Illinois. At TC-JRI, Dr. Pressley is overseeing the graduate and post-graduate clinical training program, as well as the world-renowned Certificate Program in Traumatic Stress Studies. Dr. Pressley brings diverse interests and talents to TC-JRI. Her professional interests include the experience of court-involved youth and adults who have suffered relational trauma in the midst of chronic poverty and community violence, as well as the impact of complex trauma history on adult spirituality and meaning-making. Dr. Pressley has begun to establish crucial partnerships with both local and national community agencies



with a goal of increasing TC-JRI's reach in communities impacted by poverty, community violence, and racism. Dr. Pressley is an established trainer for both ARC and CBP, and has already made numerous contributions to the training division of TC-JRI.

Complex Trauma Treatment Network (CTTN) of the National Child Traumatic Stress Network (NCTSN) competitively renewed for a third cycle

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

Since the inception of the NCTSN in 2001, the Trauma Center has played a critical role advancing access and quality of care nationwide for children and families impacted by complex trauma. Of a pool of hundreds of active and former NCTSN sites, our Center stands as less than a half-dozen to have been successfully competitively refunded throughout the life of the network. This cycle we have partnered with Suffolk University, along with Adelphi University, University of Chicago, Alaska Child Trauma Center, and Children's Hospital of Los Angeles to advance three arms of national training and technical assistance for children, families and com-

munities impacted by complex trauma. Our Level I initiative continues our work of the prior cycle, establishing complex trauma-informed care continua nationwide, this time partnering with state agency and nonprofit organizations in American Samoa and the Commonwealth of the Northern Mariana Islands. Our Level II initiative will build capacity for residential treatment centers and juvenile detention centers to sustain complex trauma-informed systems and evidence-based practices (ARC & SPARCS) in programs spanning all 10 SAMHSA service regions. Finally, our Level III initiative will establish one national (Crittenton Services) and two regional (New England; Chicagoland) advanced ARC residential services consortia.

Cutting Edge...Research Updates

*Contributed by Hilary Hodgdon, Ph.D.,
Director of Research Operations*

The Trauma Center continues to have an active research program investigating the conceptualization of trauma exposure, clinical profiles that result from exposure to complex trauma and innovative treatment approaches. Research projects that have been completed or active over the past year include:

- **Completed study:** A randomized controlled trial comparing 24 sessions of **EEG biofeedback (Neurofeedback)** to waitlist with 37 children ages 6 to 13 exposed to complex trauma and were struggling with behavioral and emotional difficulties. Initial study findings show that participation in the NFB intervention was associated with significant reductions in internalizing and externalizing symptoms and improved executive function according to caregiver report.
- **Completed study:** An uncontrolled pilot study of **Internal Family Systems (IFS)** treatment with 17 adults with histories of exposure to multiple forms of childhood trauma and posttraumatic stress disorder. Study findings indicate that IFS may be a promising practice for PTSD as participants showed significant reductions in symptoms of posttraumatic stress, depression and dissociation after receiving 16, 90-minute IFS sessions.
- **Ongoing study:** A multi-site, randomized controlled trial comparing the **Attachment, Regulation and Competency (ARC)** model to treatment as usual (TAU) for trauma-impacted children and adolescents ages 8 to 16 is currently recruiting participants at three community based outpatient mental health clinics in Massachusetts. This study will examine if 24 sessions of ARC is more effective than TAU in reducing symptoms of posttraumatic stress and developmental trauma.
- **Ongoing study:** A pilot study is being conducted with adults with PTSD examining the **physiological responses** that occur **during Internal Family Systems (IFS)** treatment. The purpose of the study is to establish procedures for measuring and analyzing relationships between subjective, behavioral, physiological, and client-therapist dyadic processes associated with IFS.

Endowment Update: Herman Chaired Clinical Directorship

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 into perpetuity by supporting each of its 3 branches: Clinical, Training, and Research. By the end of 2016, thanks in great part to your support, we reached our first goal of \$1.5 million to support the van der Kolk Chaired Research Directorship! Now we are moving on to support the next branch- the **Herman Chaired Clinical Directorship** named after our **esteemed colleague Judith Herman, M.D.**, who has done so much for the treatment of traumatized individuals. With your help we can reach the second part of our goal to ensure the Trauma Center will never be closed due to changes in funding. In honor of 2017 being the 35th anniversary of the Trauma Center, our nonprofit organization, **Justice Resource Institute**, has **generously agreed to contribute a 100% match to all donations \$350 or greater received this calendar year.** There is an envelope included in this mailing for your convenience. Thank you for your continued support, both financially and otherwise!

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

Currently Enrolling:

The Trauma Center's **ARC Randomized Controlled Trial** is enrolling children and adolescents ages 8 to 16, who have a history of overwhelming or traumatic life experiences, and their caregivers to participate in a treatment study. Children will receive either ARC or treatment as usual (TAU) at three community based outpatient clinics in Everett, Framingham, and Taunton, MA. Contact Katie McCarthy, Ph.D. at (617) 232-1303 x2020.

The Trauma Center's **Neurofeedback clinic** is accepting new clients. Contact Diana Martinez, MD, M.Sc. at dmartinez@jri.org.

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

Monday evenings 6:30 pm and
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.



Please "LIKE"

The Trauma Center
at JRI on
FACEBOOK!



ANNOUNCEMENTS...



NOW ACCEPTING APPLICATIONS!
Certificate Program in Traumatic Stress Studies
for 2017-2018. Please visit:

http://www.traumacenter.org/training/certificate_program.php
for information and application.

SAVE THE DATE!

July 17-21, 2017: The Trauma Center's 6th 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 x2018.

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.



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