



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

Summer 2008

The Cutting Edge: New Directions in Research

Contributed by Bessel van der Kolk, MD

During the past few months, several longstanding dreams have come to fruition for the Trauma Center. We have long searched for ways to help traumatized children and adults to regain a sense of regulation and self-care. One way of doing that started to be realized when David Emerson, Jodi Carey and Dana Moore joined us as yoga instructors several years ago and started regular yoga classes at the Trauma Center—every Wednesday for women and Tuesdays for men. They now run a regular, well-attended national program to train yoga instructors to help traumatized individuals.

Founder & Medical Director, Bessel van der Kolk, MD



will start in September. Women who wish to participate in the study should contact Ritu Sharma, Ph.D., Project Coordinator, at 617-232-1303, ext. 208 to learn more about eligibility criteria.

For several years, people have been telling us that neurofeedback also may be a potentially helpful treatment for the long-term effects of trauma. Neurofeedback is a method in which electrodes are applied to the scalp of individuals, which allows their brain wave activity to be displayed on a computer screen. It has

long been known that all brain activity is based on electrical communications between brain cells. The speed and rhythms of these communications determine how people focus, pay attention and interpret incoming information. Over the past few years technologies have been developed that allow the brain to get feedback on how well it is doing in generating desirable electrical activity. This way, the brain can gradually be trained to generate wave patterns that help people stay focused, calm and mindful.

Curious about the possibility of helping people gain control over their lives using neurofeedback, seven of our staff were trained by Sebern Fisher and Dr. Larry Hirshberg, both of whom have extensive experience treating traumatized people, children with Attention Deficit

Hyperactivity Disorder, and other disorders using neurofeedback. Noting some remarkable changes in ourselves after only a few sessions, we decided to make a serious effort to develop neurofeedback as a treatment modality at the Trauma Center.

Fortuitously, since September 2007 we have been working with ANS Research in London, UK, to study how the brain learns to regulate itself, and explore ways people can be helped to regain control over their own physiology and self-regulation. The support of ANS Research has made it possible to set up a laboratory at the Trauma Center to explore the effectiveness of neurofeedback for a host of trauma-related



Postdoctoral Fellow, Ritu Sharma, Ph.D., practicing neurofeedback training

problems. Currently, we are in the process of thoroughly training ourselves in the methodology of neurofeedback, and assembling the best ways of measuring outcomes. Starting in Fall 2008, we expect to be able to start seeing our first adult clients for neurofeedback training, and we hope to open the door for children in November. Although

it is too early to be sure, it is conceivable that, with time, neurofeedback may prove to be more effective than medications in alleviating a host of posttraumatic problems.

Trauma Center receives first ever National Institutes of Health grant to study yoga as a treatment for PTSD

the New York Academy of Sciences. We recently heard that we had secured the first grant ever from the National Institutes of Health to study formally the efficacy of yoga for treating PTSD in women with chronic PTSD who have been unresponsive to treatment. That study

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TC to Launch Two Residential Specialty Programs in Fall 2008

In collaboration with two longstanding community partners, the Trauma Center is proud to announce that beginning this fall we will be offering intensive inpatient yoga services for adult men and women, as well as residentially-based comprehensive evaluation and trauma stabilization services for girls and young women aged 12-18.

Both programs are rooted in the Center's extensive body of research on the assessment and treatment of complex post-traumatic states. Each of these

new services has evolved from targeted program development and evaluation efforts over the past seven years in the areas of trauma-informed residential services and the integration of mind-body intervention strategies in trauma recovery. Most importantly, these services have been developed in response to innumerable requests received from both providers and consumers for the TC to expand our client services beyond the limited scope of localized, outpatient services. We believe that both of these new programs represent important steps in this regard, and are confident that each will contribute in a foundational way to the recovery process of traumatized individuals with more extensive clinical needs.

Intensive Yoga Services Program

In partnership with the Meadows, the Trauma Center Yoga Program will be offering a five-week, intensive inpatient trauma-informed yoga curriculum that will be fully integrated into the standard clinical offerings at the Meadows, a multidisorder facility located in Arizona, specializing in the treatment of trauma and addiction. The Meadows intensive treatment focuses on drug and alcohol addiction, compulsive behaviors, and mood and anxiety disorders. The Meadows is licensed as a Level I Psychiatric Acute Hospital. Programming will consist of baseline assessment in the first week to address physical and nutritional status, identify and establish accommodations for trauma-related conditions and responses of potential relevance to yoga programming, and develop an individually tailored yoga training curriculum for the ensuing four-

week period. Clients will then participate in four trauma-informed yoga sessions per week as well as individual coaching sessions. Programming will conclude with a planning session for further mind-body practice following discharge. By the end of the four weeks, participants will have the opportunity to complete two cycles of the TC's

basic yoga curriculum.

This jointly sponsored program will be overseen and supervised on a

weekly basis by David Emerson, RYT, Yoga Program Director at the TC. Individual and group intervention sessions at the Meadows will be administered by experienced yoga instructors who have undergone extensive training with David in implementation of the TC yoga curriculum.

The Meadows was selected as the exclusive site for residential implementation of the TC Yoga Program with adult trauma clients for several reasons. The Meadows has a longstanding tradition of offering intensive, trauma-focused inpatient and residential services. Staff of the Meadows receive extensive, ongoing training by experienced trauma experts who recognize the embodied nature of posttraumatic stress and the restorative power of action-based approaches to treatment, including Peter Levine and Bessel van der Kolk, both of whom are clinical consultants at the Meadows. Finally, we anticipate that the high Sonoran desert setting of the Wickenburg, AZ facility will provide an ideal setting for intensive focus on integrated mind-body healing for adult survivors of complex trauma.

The TC Yoga Curriculum was developed at the TC over the past five years on the basis of two controlled outcome studies in which participants completing the curriculum were found to achieve a 50% reduction in the severity of chronic PTSD symptoms. On the basis of this research, the National Institute of Health Division of Complementary and Alternative Medicine has just awarded the TC funding to complete the first large-scale randomized controlled trial of the impact of yoga on PTSD in adults.

It is anticipated that programming will begin in September, 2008. For more information, contact the Meadows at 800-632-3697.

Residential Assessment & Stabilization Service for Girls & Young Women

In partnership with our sister program with Justice Resource Institute, Glenhaven Academy, the TC will be offering a 26-day, trauma-focused assessment and intensive trauma-stabilization service incorporated into Glenhaven Academy's residential campus in Marlborough, Massachusetts. This service will consist of a comprehensive, trauma-focused evaluation during the first five days of the program, including developmental, familial, trauma and treatment history, projective, personality, and trauma-specialty psychological testing, optional neuropsychological testing, strengths and resources assessment, records review, collateral evaluation, and initial treatment planning. Over the ensuing three week period, clients will receive a sixteen-session course of trauma-focused individual psychotherapy, with emphasis on establishment of foundational affect regulation skills and internalization of coping resources. Each client will receive individualized educational as well as recreational programming to ensure optimal tailoring of psychosocial development initiatives, including opportunities for such activi-



Glenhaven Academy, Marlborough, MA

ties as horseback riding, dance lessons and yoga instruction as indicated. In addition, clients will be exclusively assigned a case manager with one-to-one status throughout the 26-day program. Finally, clients will be integrated, as appropriate, into all Glenhaven Academy academic, milieu and group programming.

Prior to the end of the program, clients, their caregivers, and primary therapists will

(con'd on p. 3)

Spotlight on...Clinical Services Division

Dear Friends and Colleagues,

With all of the recent growth in our Clinical Services Division, it has been a busy but exciting first year for me as Clinical Director! We now have 25 clinicians providing services to over 200 ongoing clients. We have expanded the reach of our services by becoming a provider for Tufts Health Plan, in addition to continuing to take Medicaid, MBHP, self-pay, and out-of-network referrals. Our clinicians have been trained in a broad range of specialty treatments, including EMDR, CBT, DBT, Internal Family Systems, and most recently, Sensorimotor Psychotherapy and Accelerated Experiential Dynamic Psychotherapy. Finally, we are particularly pleased to introduce two new clinical programs:

GLBTQ Program

We are pleased to be offering specialized services for GLBTQ individuals who have experienced trauma and their family members. Our program offers GLBTQ-identified therapists and supervisors, as well as allies, who have expertise in treating broad forms of trauma, and specific experience working with GLBTQ individuals who have faced

discrimination and challenges surrounding sexual orientation, adjustment and identity. We also offer help for partners and extended family members of traumatized GLBTQ individuals. Our first Queer Women's Sexuality & Intimacy Group is currently in planning and will launch in the Fall. For information, contact: Ilya Yacevich, LAMFT at iyacevich@jri.org or 617-232-1303, ext. 321.

Pathways to Permanency (P2P)

Many children placed in foster care or adoptive homes have histories of neglect and/or abuse. In the face of their traumatic experiences these children often struggle to develop relationships with new caregivers and to adjust to new environments, and present with other behavioral and emotional problems that impact them at home and school. The P2P program recognizes the unique needs of these children and their families and strives to strengthen and support families in providing foster and adoptive children with a nurturing and stable home environment.



Director of Clinical Services, Marla Zucker, Ph.D.

The program offers several services. First, it offers caregiver support through one-on-one consultation to provide psychoeducation and preparation for parenting a child with a history of trauma. Second, P2P features

specialized direct-care services including screening, referral, assessment, individual and family therapy, and **Parent-Child Interaction Therapy (PCIT)**. PCIT is a specialized dyadic caregiver training intervention that has been adapted and evaluated by the National Child Traumatic Stress Network (NCTSN) to be a highly evidenced-based trauma-informed treatment. Third, P2P provides workshops, consultation, and trainings for caregivers,

local foster care/adoption providers and clinicians. For information, contact: Kristina Konnath, LICSW at kkonnath@jri.org or 617-232-1303, ext. 306.

For more information about our clinical services and to find out how to enroll, please visit our website at www.traumacenter.org or call our Clinical Intake Line at 617-232-0687.

A handwritten signature in black ink that reads "Marla Zucker, Ph.D." with a stylized flourish at the end.

Residential Programs (con'd from p.2)

receive a comprehensive evaluation report with written and verbal feedback regarding clinical formulation and recommendations for ongoing care following discharge. Clients will also be provided the opportunity as available and appropriate to transition into longer-term residential care at Glenhaven Academy or another residential program within JRI.

This jointly sponsored program will be staffed by a combination of members of the TC clinical team and Glenhaven Academy clinicians who have completed a minimum year-long trauma-specialty training program at the TC. The program will be coordinated by Dawna Gabowitz, Ph.D., the TC's Associate Director of Clinical Services, under the direction of Bessel van der Kolk, M.D. Dr. Gabowitz or another Senior Clinician from the TC will be responsible for completion of all client evaluations and evaluation reports, as well as for conducting intensive trauma-focused individual psychotherapy sessions three times each week. TC-trained

staff clinicians will offer trauma-focused and informed group and milieu interventions—including the ARC-based programming, as well as twice weekly individual skills-based coaching under the direct supervision of Dr. Gabowitz.

Glenhaven Academy was identified as the ideal site to launch the TC's diagnostic and stabilization program for girls. As Justice Resource Institute's flagship residential program for girls, Glenhaven Academy has a longstanding tradition of trauma-informed service excellence for girls with severe emotional and behavioral difficulties. Through our National Child Traumatic Stress Network Community Practice Site grant, the TC has been involved in extensive collaboration with Glenhaven Academy over the past four years to integrate trauma-focused programming across all domains of the residential school, including academic, milieu, and clinical programming, as well as staff training and orientation. Program outcomes for both clients and staff

have strongly supported the success of this initiative. TC clinical personnel have been fully integrated into this programming, providing direct service, clinical supervision and training on an ongoing, weekly-basis. This secure facility provides a comfortable, safe setting for girls to engage in trauma assessment and stabilization services in a communal, supportive setting amongst peers with similar histories and service needs.

It is projected that programming will begin in Fall 2008. Screening and assistance with advanced registration are available now. Space is anticipated to be limited, as this program will initially be launched as limited initiative embedded within the standard residential program at Glenhaven Academy, and will be expanded over time based upon demonstration of program demand. For more information, contact: Karen Vincent, Program Director, at kvincent@jri.org or 508-481-8077, ext. 234.

2008-9 Trainings

The Training Division of the Trauma Center at JRI will be offering extensive programming during the 2008 – 2009 academic year. Our Training Institute workshops provide opportunities for intensive study of topics relevant to traumatic stress in a small-group atmosphere at our Brookline, MA location or in nearby facilities. Programming emphasizes clinical skill-building from a range of perspectives and modalities. Experts in the field will address trauma treatment from perspectives including EMDR, Sensorimotor Therapy, Expressive Therapies, Yoga, and Cognitive Therapy. In addition, we are pleased to announce that our Regional Training initiative, providing high-quality conferences in the greater New England area, will greatly expand this year, with conferences planned in Rhode Island, Connecticut, New Hampshire, and Maine. Please check our website at www.traumacenter.org for an updated list of training opportunities.

Currently Enrolling

The Trauma Center is now enrolling adults in an advanced Dialectical Behavior Therapy (DBT) skills integration outpatient group for clients in Stage II of DBT treatment. For information, contact Ritu Sharma, Ph.D. at 617-232-1303, x208.



UPCOMING EVENTS...

SEPTEMBER

Monday 29th & Tuesday 30th

Yoga & the Traumatized Body

Regional Training: Providence, Rhode Island

Presenters: David Emerson, RYT & Bessel van der Kolk, MD

OCTOBER

Saturday 18th

EMDR with Survivors of Chronic Abuse & Neglect:
Repairing Developmental Deficits & Shattered Selves

Training Institute: Trauma Center at JRI, Brookline, MA

Presenter: Deborah Korn, Psy.D.

Thursday 23rd & Friday 24th

Attachment, Self-Regulation, & Competence (ARC):
A Framework for Intervention with Complexly Traumatized Youth

Regional Training: Portland, Maine

Presenters: Margaret Blaustein, Ph.D. & Kristine Kinniburgh, LICSW

Friday 31st

Putting the Pieces Together: New Approaches to Treating Dissociation

Training Institute: Trauma Center at JRI, Brookline, MA

Presenter: Janina Fisher, Ph.D.

For more information or to register, please visit our website.

MONTHLY

1st Thursday of every month, 12-1pm: FREE! No registration necessary.
Bessel van der Kolk, MD's Lecture Series at the TC. See website for topics.



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