

The Trauma Center at JRI
Certificate Program 2008-2009
Core Seminar

9/8/08

Margaret E. Blaustein PhD

Course Introduction: The Complexity of Adaptation to Trauma

Readings:

B.A. van der Kolk, A.C. McFarlane, L. Weisaeth (Eds.) (1996). *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*. New York: Guilford Press.

Chapt. 1: van der Kolk, B.A. & McFarlane, A.C. Background Issues and History: The Black Hole of Trauma. (pp. 3-23)

Chapt. 3: van der Kolk, B.A., Weisaeth, L. & van der Hart, O. History of Trauma in Society. (pp. 47-74)

van der Kolk, B. (2005). Developmental trauma disorder: Toward a rational diagnosis for children with complex trauma histories. *Psychiatric Annals*, 35(5), 401 - 408.

9/15/08

Bessel van der Kolk MD

Traumatic Stress: The Body Keeps the Score

Reading:

van der Kolk, B. (2006). Clinical implications of neuroscience research in PTSD. *Annals of the New York Academy of Sciences*, 1-17.

Ford, J. (2005). Treatment implications of altered affect regulation and information processing following child maltreatment. *Psychiatric Annals*, 35(5), 410 - 419.

9/22/08

Margaret E. Blaustein Ph.D.

Trauma in Context: Developmental Framework

Readings:

De Bellis. M.D. (2001). *Development and Psychopathology: Developmental Traumatology: The Psychobiological development of maltreated children and its implications for research, treatment, and policy*. **13**, 539-564. Cambridge University Press: Printed in the United States of America.

Pynoos, R., Steinberg, A. & Piacentini, J. (1999). A developmental psychopathology model of childhood traumatic stress and intersection with anxiety disorders. *Biological Psychiatry*, 46, 1542 – 1554.

Cahill, L., Kaminer, R. & Johnson, P. (1999). Developmental, cognitive, and behavioral sequelae of child abuse. *Child and Adolescent Psychiatric Clinics of North America*, 8(4), 827 – 843.

9/29/08

Robert Macy Ph.D.

Acute Trauma: Phenomenology, Impact, and Stabilization in the Aftermath of Acute Trauma

****NOTE: Today's class meets from 9:30 A.M. – 3:00 P.M.**

Required Readings:

Macy, R.D., Behar, L., Paulson, R., Delman, J., & Schmid, L. (2004). Community-Based, Acute Posttraumatic Stress Management: A Description and Evaluation of a Psychosocial-Intervention Continuum. *Harvard Review of Psychiatry*, 12(4),

Chapters 1 through 3 in-

Macy, R.D., Barry, S., & Noam, G. (Eds.) (2003). *Youth Facing Threat and Terror: Supporting Preparedness and Resilience*. NO. 98, Summer, 2003. Wiley Subscription Services Inc: California.

UNICEF story, "Less Fearful, More Active: Classroom-Based Intervention". Please visit <http://www.unicef.org/turkey/lf/ep1i.html> for this reading.

Tol, W, Komproe, I., Susanty, D., Jordans, M., Macy, R., & De Jong, J. (2008). School-Based Mental Health Intervention for Children Affected by Political Violence in Indonesia: A Cluster Randomized Trial. *Journal of the American Medical Association*, 300(6), 655 – 662.

Additional Resources:

An executive summary describing Classroom-Based Intervention may be found at http://www.savethechildren.org/publications/technical-resources/education/CBI_Impact_Evaluation.pdf

10/6/08

Bessel van der Kolk M.D.

Complex Trauma

Readings:

Cook, A., Spinazzola, J., Ford, J., Lanktree, C., Blaustein, M., Cloitre, M., deRosa, R., Hubbard, R., Kagan, R., Liataud, J., Mallah, K., Olafson, E., & van der Kolk, B. (2005). Complex trauma in children and adolescents. *Psychiatric Annals*, 35(5), 390 - 398.

van der Kolk, B., Roth, Pelcovitz, D., Sunday, S., and Spinazzola, J. (2005). Disorders of Extreme Stress: The Empirical Foundation of a Complex Adaptation to Trauma. *Journal of Traumatic Stress*, 18(5), 389–399.

van der Kolk, B.A. (2002). Assessment and Treatment of Complex PTSD. In R. Yehuda, *Treating Trauma Survivors with PTSD*. American Psychiatric Publication.

10/13/08

Columbus Day; no meeting

10/20/08

Margaret E. Blaustein Ph.D.

Trauma in Context: The Attachment System

Readings:

James, B. (1994). *Handbook for Treatment of Attachment: Trauma Problems in Children* (1-23). New York: The Free Press.

American Academy of Child and Adolescent Psychiatry. (2005). Practice parameters for the assessment and treatment of children and adolescents with reactive attachment disorder of infancy and early childhood. *Journal of the American Academy of Child and Adolescent Psychiatry*, 44(11), 1206-1219.

Recommended Readings:

Alexander, P.C. (1992). Application of attachment theory to the study of sexual abuse. *Journal of Consulting and Clinical Psychology*, 60, 185-195.

Carlson, V., Cicchetti, D., Barnett, D., & Braunwald, K. (1989). Disorganized/disoriented attachment relationships in maltreated infants. *Developmental Psychology*, 25, 525-531.

10/27/08 Margaret Blaustein, Ph.D.

Context of Trauma and Resilience Factors

In-Class Movie:

“20/20: Waiting on the World to Change”

11/3/08 Bessel van der Kolk M.D.

Brain, Body, and the Self

Readings:

van der Kolk, B. (2003). The Neurobiology of Childhood Trauma and Abuse. *Child and Adolescent Psychiatric Clinics*, 12, 293-317.

Glaser, D. (2000). Child abuse and neglect and the brain: A review. *Journal of Child Psychology and Psychiatry*, 41(1), 97 – 116.

11/10/08 Fran Grossman, Ph.D.

Understanding Dissociation

Readings:

Howell, E. (2005). Dissociation: A model of the psyche. Ch 1 in *The Dissociative Mind* (pp 14-38). Analytic Press.

Schwartz, R.C. (2001). Introduction to the Internal Family Systems Model. Pp 3-20, 69-81,83-95.

11/17/08 Joseph Spinazzola Ph.D.

Assessment of Adult Trauma in an Ethno cultural Context

Readings:

Luxenberg, T., Spinazzola, J., & van der Kolk, B. (2001). *Directions in Psychiatry*. Complex Trauma and Disorders of Extreme Stress (DESNOS) Diagnosis, Part One: Assessment. (V. 21, Lesson 25).

Briere, J. & Spinazzola, J. (2005). Phenomenology and psychological assessment of complex posttraumatic stress. *Journal of Traumatic Stress*, 18(5), 401-412.

Chapter 7 in-

Marsella, A.J., Friedman, M.J., Gerrity, E.T., & Scurfield, R.M. (1996) (Eds.). *Ethnocultural Aspects of Posttraumatic Stress Disorder: Issues, Research, and Clinical Applications*. Washington D.C.: American Psychological Association.

11/24/08 **Alexandra Cook Ph.D.**

Clinical Assessment of Childhood Trauma and Dissociation

Readings:

Children's Advocacy Center of Suffolk County Guidelines (2000).

Ohan, J., Myers, K., & Collett, B. (2002). Ten-year review of rating scales. IV: Scales assessing trauma and its effects. *Journal of the American Academy of Child and Adolescent Psychiatry*, 41, 1401-1422.

12/1/08 **Joseph Spinazzola, Ph.D.**

Trauma Processing and the Timing of Phase-Oriented Treatment

Readings:

Herman, J. (1992). *Trauma and Recovery*. BasicBooks: New York.

Chapter 8: "Safety". (pp. 155-174)

Chapter 9: "Remembrance and Mourning" (pp. 175 - 195)

Chapter 10: "Reconnection" (pp. 196 - 213)

Spinazzola, J., & van der Kolk, B. (2001). *Directions in Psychiatry*. Complex Trauma and Disorders of Extreme Stress (DESNOS) Diagnosis, Part Two: Treatment. (V. 21, Lesson 25).

Recommended Readings:

Spinazzola, J., Blaustein, M., & van der Kolk, B. (2005). Posttraumatic stress disorder treatment outcome research: The study of unrepresentative samples? *Journal of Traumatic Stress*, 18(5), 425 - 436.

12/8/08 **Margaret E. Blaustein, Ph.D.**

Attachment, Self-Regulation, and Competency (ARC): A framework for intervention with traumatized youth

Readings:

Kinniburgh, K., Blaustein, M., Spinazzola, J. & van der Kolk, B. (2005). Attachment, Self-Regulation, and Competency: A comprehensive framework for intervention with childhood complex trauma. *Psychiatric Annals*, 35(5), 424-430.

Blaustein, M. & Kinniburgh, K. (2007). Intervening beyond the child: The intertwining nature of attachment and trauma. Briefing Paper: Attachment Theory Into Practice. British Psychological Society, Briefing Paper 26, 48-53.

Masten, A.S. & Coatsworth, J.D. (1998). The development of competence in favorable and unfavorable environments: Lessons from research on successful children. *American Psychologist*, 53, 205-220.

12/15/08 **Margaret E. Blaustein, Ph.D.**
Vicarious Traumatization and Self-Care

Reading:

Pearlman, L. & Saakvitne, K. (1995). Vicarious Traumatization: How trauma therapy affects the therapist. In Trauma and the Therapist, W.W. Norton: New York.

Geller, J., Madsen, L. & Ohrenstein, L. (2004). Secondary trauma: A team approach. *Clinical Social Work Journal*, 32, 415-430.

Tibbits, D. (2006). What organization leaders can do for therapists who are victims of vicarious trauma. *Journal of Therapeutic Schools and Programs*, 48-56.

12/22/08 **No meeting; Winter break**

12/29/08

1/5/09 **Janina Fisher, Ph.D.**
Stabilization: Restoring the Capacity for Daily Life

Readings:

Fisher, J. (2001). Self harm and suicidality. Paper presented at The Trauma Center Lecture Series, Boston, MA.

Fisher, J. (1999). The work of stabilization in trauma treatment. Paper presented at The Trauma Center Lecture Series, Boston, MA.

Ogden, P., Minton, K. & Pain, C. (In press). Somatic resources for stabilization. In Trauma and the Body, Norton Press.

Recommended Readings:

Briere, J. (1996). Specific therapy techniques and principles. In Therapy for Adults Molested As Children. New York: Springer Publishing Co., 111 - 137.

Cloitre, M., Stovall-McClough, K.C., Miranda, R. & Chemtob, C. (2004).
Therapeutic alliance, negative mood regulation, and treatment outcome in child
abuse-related posttraumatic stress disorder. *Journal of Consulting and Clinical
Psychology*, 72(3), 411-416.

1/12/09

Dave Emerson, E-RYT

Yoga and the Traumatized Body: Applications of Yoga in Trauma
Treatment

Readings:

van der Kolk, B. (2006). Clinical implications of neuroscience research in
PTSD. *Annals of the New York Academy of Sciences*, 1-17.

[NOTE: Above reading included in 9/15/08 class; may be referenced for current
seminar.]

Kersten Wills, D. (2007, June). Heal life's traumas. *Yogajournal.com*, 41 – 44.

1/19/09

Martin Luther King, Jr. Day; No meeting

1/26/09

Richard Jacobs, Psy.D.

Stabilization: Physiological and Body-Oriented Strategies

Readings:

Jacobs, R. L. (unpublished manuscript). Helping patients modulate their own
physical arousal by changing physical states.

2/2/09

Janina Fisher, Ph.D.

Stabilization: Treating Dissociation and Disorganized Attachment

Readings:

Fisher, J. (2001, May). Dissociative phenomenon in the everyday lives of trauma
survivors. Paper presented at the Boston University Medical School
Psychological Trauma Conference, Boston, MA.

Nijenhuis, E.R.S.; Van der Hart, O. & Steele, K. (2004). Trauma-related
structural dissociation of the personality. *Trauma Information Pages website*,
January 2004. Web URL: <http://www.trauma-pages.com/a/nijenhuis-2004.php>

Recommended Readings:

Chu, J. (1998). The therapeutic dance: Relational issues in the treatment of survivors of childhood abuse. From Rebuilding Shattered Lives, 118-131.

Briere, J. (1996). The specific problem of client dissociation during therapy. In Therapy for Adults Molested As Children. New York: Springer Publishing Co., 138 - 151.

Liotti, G. (2004). Trauma, dissociation, and disorganized attachment: Three strands of a single braid. *Psychotherapy: Theory, Research, Practice, Training*, 41(4), 472 – 486.

2/9/09

Bessel van der Kolk, M.D.

Trauma Processing: Overview

Reading:

B.A. van der Kolk, A.C McFarlane, L. Weisaeth (Eds.) (1996). *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*. New York: Guilford Press.

Chapt. 18: van der Kolk, B.A., McFarlane, A.C., & van der Hart, O. A General Approach to Treatment of Posttraumatic Stress Disorder. (pp. 417-440)

van der Kolk, B (2002). Beyond the talking cure: Somatic Experience and subcortical Imprints in the treatment of Trauma. F. Shapiro (Ed.). *EMDR, Promises for a Paradigm Shift*. (pp. 57-83). APA Press: New York.

Wigren, J. (1994). Narrative completion in the treatment of trauma. *Psychotherapy*, 31(3), 415-423.

2/16/09

Presidents Day; No meeting

2/23/09

Fran Grossman, Ph.D.

Transference / Countertransference in Trauma Treatment

Reading:

Dalenberg, C. (2000). The Argument for Highlighting ,Examining, and Disclosing Countertransference in Trauma Therapy. In Countertransference and the Treatment of Trauma. 23-56

Nader, K. (1994). Countertransference in the treatment of acutely traumatized children. In Wilson & Lindy (Eds.), *Countertransference in the Treatment of PTSD*. Guilford Press: New York.

Wilson, J. & Lindy, J. (1994). Empathic strain and countertransference. . In Wilson & Lindy (Eds.), *Countertransference in the Treatment of PTSD*. Guilford Press: New York.

3/2/09 Amie Alley Pollack, Ph.D.

Trauma Processing: Cognitive Strategies: Narrative and Exposure Therapy in the Treatment of Trauma

Readings:

B.A. van der Kolk, A.C McFarlane, L. Weisaeth (Eds.) (1996). *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*. New York: Guilford Press.

Chapt. 22: Rothbaum, B.O. & Foa, E.B. Cognitive-Behavioral Treatment of Posttraumatic Stress Disorder. (pp. 510 - 524)

Rothbaum, B. & Schwartz, A. (2002). Exposure therapy for posttraumatic stress disorder. *American Journal of Psychotherapy*, 56, 59-75.

Pennebaker, J. & Seagal, J.D. (1999). Forming a story: The health benefits of narrative. *Journal of Clinical Psychology*, 55, 1243-1254.

3/9/09 Deborah Korn, Ph.D.

Use of EMDR in Trauma Processing

Readings:

Gelinas, D. (2003). Integrating EMDR into Phase-Oriented Treatment for Trauma. *Journal of Trauma & Dissociation*, Vol. 4(3) 91-135.

Korn, D. L., & Leeds, A. M. (2002). Preliminary evidence of efficacy for EMDR resource development and installation in the stabilization phase of treatment of complex posttraumatic stress disorder. *Journal of Clinical Psychology*, 58,(12), 1465-1487

Optional Recommended Readings:

Shapiro, F. & Maxfield, L. (2002). EMDR: Information processing in the treatment of trauma. *In Session: Journal of Clinical Psychology*, 58, 933-946. Special Issue: Treatment of PTSD.

Shapiro, F. (2002). EMDR twelve years after its introduction: A review of past, present, and future directions. *Journal of Clinical Psychology*, 58, 1-22.

3/16/09

Erika Lally, LICSW & Michelle Harris, LMHC

Trauma Processing: Nonverbal/Expressive Strategies

Readings:

Malchiodi, C. (2003) Art therapy and the brain. In Handbook of Art Therapy (C. Malchiodi, Ed.), The Guilford Press: New York, 16-24.

Malchiodi, C. (2003). Expressive arts therapy and multimodal approaches. In Handbook of Art Therapy (C. Malchiodi, Ed.), The Guilford Press: New York, 106 – 117.

Chapters 1 and 2 in:

Ogden, P., Minton, K., & Pain, C. (2006). A Sensorimotor Approach to Psychotherapy. W.W. Norton and Company: New York, 3-40.

3/23/09

Elizabeth Warner, Psy.D. & Anne Westcott, LICSW

Sensory Integration in Trauma Treatment

Readings:

To be announced

3/30/09

Michele Henderson, LICSW

Play Therapy Techniques with Traumatized Children

Readings:

Ogawa, Y. (2004). Childhood trauma and play therapy intervention for traumatized children. *Journal of Professional Counseling: Practice, Theory, and Research*, 32(1) 19-29.

St. Thomas, B. & Johnson, P. (2002). In their own voices: Play activities and art with traumatized children. *Groupwork*, 13(2), 34-48.

Huth-Bocks, A., Schettini, A. & Shebroe, V. (2001). Group play therapy for preschoolers exposed to domestic violence. *Journal of Child and Adolescent Group Therapy*, 11(1), 19-34.

Recommended Book:

Gil, E. (1991). *The healing power of play*. New York: Guilford Press.

4/6/09

Fran Grossman, Ph.D.

Treatment of Dissociation

Reading:

International Society for the Study of Dissociation (2004). Guidelines for treating: the evaluation and treatment of dissociative symptoms in children and adolescents. *Journal of Trauma and Dissociation*, 5(3), 119-150.

4/13/09

Steven Gross, MSW

Self-Care for Clinicians: Healing Play

Reading:

To be announced.

4/20/09

Patriots Day; No meeting

4/27/09

Lynn Sanford, LICSW

Trauma and Resiliency

Readings:

Wade, A. (1997). Small acts of living: Everyday resistance to violence and other forms of oppression. *Contemporary Family Therapy*, 19(1), 23 – 39.

5/4/09

Bessel van der Kolk, MD

Future Directions

Readings:

To be announced

5/11/09

Margaret E. Blaustein, Ph.D.

Terminations in Trauma Treatment

Reading:

“Multiple Meanings in the Resolution Process,” in Countertransference and the Treatment of Trauma by Constance Dalenberg (2000), 248-265.