

The Trauma Center at JRI
Certificate Program 2010- 2011
Core Seminar

9/13/10

Margaret E. Blaustein, Ph.D.,
Elizabeth Hopper, Ph.D.

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)

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

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

9/20/10

Bessel van der Kolk, M.D.

Brain Rhythms and Development

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. 2: van der Kolk, B.A. & McFarlane, A.C. Trauma and Its Challenge to Society. (pp. 24-46)

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.

Sunderland, M. (2006). *The Science of Parenting*, London: DK Publishing.
Chapter 1: “Your Child’s Brain” (pp. 14-33)

Recommended Reading:

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

9/27/10

Margaret E. Blaustein, Ph.D.

Trauma in Developmental Context

Readings:

-Introduction and Chapter 1 in -
Blaustein, M., Kinniburgh, K. (2010). *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience Through Attachment, Self- Regulation, and Competency*. New York: Guilford Press, 1-21.

-Introduction, pp. 1-5

-Chapter 2: The Developmental Impact of Trauma, pp. 9-21

De Bellis, M. (2001). Developmental Traumatology: The psychobiological development of maltreated children and its implications for research, treatment, and policy, *Development and Psychopathology*, 13, 539-564.

Streeck-Fischer, A. & van der Kolk, B. (2000). Down will come baby, cradle and all: Diagnostic and therapeutic implications of chronic trauma on child development. *Australian and New Zealand Journal of Psychiatry*, 34, 903-918.

Recommended Reading:

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.

10/4/10

Kevin Becker, Psy.D.

Acute Trauma

Readings:

Varolli Corporation and ORI. (2007). *Ensuring workforce continuity during a pandemic: Communications Best Practices*. Seattle, WA / Concord, NH: Author.

Elhai, J. & Long, M. (2008). Posttraumatic stress disorder's traumatic stressor criterion: History, controversy, and clinical and legal implications. *Psychological Injury and Law*, 2, 167–178.

Norris, F. (2005). Range, magnitude, and duration of the effects of disasters on mental health: Review update 2005. Dartmouth, CT: Dartmouth Medical School and National Center for PTSD.

Recommended Reading:

International Federation of Red Cross and Red Crescent Societies. (2003, February). Community-based psychological support: A training manual. (1st edition.) Geneva, Switzerland: Author.

Elhai, J., Freuh, C., Gray, M., Grubaugh, A., Long, M., Schweinle, A. (2008). Differences in post-traumatic stress disorder diagnostic rates and symptom severity between Criterion A1 and non-Criterion A1 stressors. *Journal of Anxiety Disorders*, 22, 1255-1263.

10/11/10 **Columbus Day; no meeting**

10/18/10 **Bessel van der Kolk, M.D.**
Trauma, the Brain, and Biology

Readings:

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.

10/25/10 **Margaret E. Blaustein, Ph.D.**
The Attachment System

Readings:

James, B. (1994). *Handbook for Treatment of Attachment Trauma Problems in Children* (pp. 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:

Schore, A. (2001). The effects of early relational trauma on right brain development, affect regulation, and infant mental health. *Infant Mental Health Journal*, 22, 201-269.

11/1/10 **Elizabeth Hopper, Ph.D.**
Marla Zucker, Ph.D.

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.

11/8/10 **Margaret Blaustein, Ph.D.**
Context of Trauma and Resilience Factors

In-Class Movie:

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

Readings:

Introduction and Chapter 1 in-

Rich, J. (2009). *Wrong Place, Wrong Time*. Baltimore: The John Hopkins University Press.

11/15/10 **Frank Guastella Anderson, M.D.**
Psychopharmacology and Biology

Readings:

Cohen, J.A. (2001). Pharmacologic treatment of traumatized children. *Trauma, Violence, & Abuse*, 2, 155-171.

Davidson, J. (2005, November). A new treatment algorithm for posttraumatic stress disorder. *Psychiatric Annals*.

Davidson, J.R.T. & van der Kolk, B.A. (1996). The psychopharmacological treatment of posttraumatic stress disorder. In Traumatic stress: The effects of overwhelming experience on mind, body, and society. B. van der Kolk, A. McFarlane & L.Weisaeth (Eds.). New York: Guilford Press, 510-524.

Nemeroff, C. & Vale, W. (2005). The neurobiology of depression: Inroads to treatment and new drug discovery. *Journal of Clinical Psychiatry*, 66, Supplement 7.

11/22/10 **Bessel van der Kolk, M.D.**
Michelle Contreras, M.A.
Culture and Trauma

Readings:

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.

Chapter 17: Gusman, F., Stewart, J., Young, B.H., Riney, S., Abueg, F., Blake, D.D. A Multicultural Developmental Approach for Treating Trauma. (pp. 439- 457).

Rich, J. (2009). *Wrong Place, Wrong Time*. Baltimore: The John Hopkins University Press.

Chapter 3: Jimmy in the Hospital

Chapter 7: Roy in DC

11/29/10 **Anthony Toombs, M.Ed.**
Team Building / Joy and Playfulness

Readings:

Perry, B., Hogan, L. & Marlin, S. (2000). Curiosity, pleasure, and play: A neurodevelopmental perspective. *Haaeyc Advocate*, June 15, 2000. Retrieved from www.ChildTrauma.org , Sept. 14, 2009.

Henig, R.M. (Feb. 17, 2008). Taking Play Seriously. *New York Times Magazine*. Retrieved from www.nytimes.com Sept. 14, 2009.

Recommended Book:

Elkind, D. (2006). *The power of play: How spontaneous, imaginative activities lead to happier, healthier children.* Cambridge, MA: DaCapo Press.

12/6/10

Alexandra Cook, Ph.D.

Clinical Assessment of Trauma in Children and Adults

Readings:

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

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.

Recommended Readings:

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.

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.

12/13/10

Margaret E. Blaustein, Ph.D.,

Elizabeth Hopper, Ph.D

Vicarious Traumatization and Self-Care

Readings:

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.

12/20/10 **Winter Break**

12/27/10 **Winter Break**

1/3/11 **Janina Fisher, Ph.D.**
Stabilization: Modulation of Arousal

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. (2006). Somatic resources for stabilization. In Trauma and the Body, Norton Press.

Ogden, P, Minton, K, Pain, C. & Fisher, J. (2005). Including the body in mainstream psychotherapy. Division 39 Newsletter.

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.

1/10/11

Joseph Spinazzola, Ph.D.

Timing and Pacing 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.

1/17/11

Martin Luther King Jr. Day- no meeting

1/24/11

Margaret E. Blaustein, Ph.D.

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

Readings:

Chapter 3 in:

Blaustein, M., Kinniburgh, K. (2010). *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience Through Attachment, Self- Regulation, and Competency*. New York: Guilford Press.

-The Attachment, Self-Regulation, and Competency Framework, pp. 33-48.

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.

Recommended Reading:

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.

1/31/11

Fran Grossman, Ph.D.

Transference / Countertransference in Trauma Treatment

Readings:

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.

2/7/11

Bessel van der Kolk, M.D.

Trauma Processing and the Nature of Traumatic Memory

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. 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.

Recommended Reading:

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

2/14/11

Deborah Korn, Psy.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.

2/21/11

President's Day- no meeting

2/28/11

Joseph Spinazzola, Ph.D.

Trauma Experience Integration

Readings:

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

Courtois, C. & Ford, J. (Eds.) (2009). *Treating Complex Traumatic Stress Disorders*. New York: Guilford Press.

Chapter 3: Ford, J. & Cloitre, M. "Best Practices in Psychotherapy for Children and Adolescents. (pp. 59 – 81).

Chapter 4: Courtois, C., Ford, J. & Cloitre, M. "Best Practices in Psychotherapy for Adults" (pp. 82 – 103)

Chapter 14: Fosha, D., Paivla, S., Gleiser, K. & Ford, J. "Experiential and Emotion-Focused Therapy". (pp. 286 – 311).

Recommended Reading:

Fosha, D. & Slowiaczek, M. (1997). Techniques to accelerate dynamic psychotherapy. *American Journal of Psychotherapy*, 51(2), 229 – 251.

3/7/11

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.

3/14/11

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.

3/21/11

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.

3/28/11

Richard Jacobs, Psy.D.

When Talking Isn't Working: Bringing The Body into Therapy

Reading:

Foreword by Bessel van der Kolk in-
Ogden, P., Minton, K., Pain, C. (2006). *Trauma and the Body*. New York: W.W. Norton and Company.

4/4/11

Elizabeth Warner, Psy.D.

Sensory Motor Arousal Regulation Treatment

Readings:

Porges, S. (2004) Neuroception: A Subconscious System for Detecting Threats and Safety. *(Zero to Three)*, 19-24.

Tronick, EZ. (1998). Dyadically expanded states of consciousness and the process of therapeutic change. *Infant Mental Health Journal*, 19(3), 290-299.

Minton, K, Ogden P, Pain, C.. (2006), Trauma and the Body. Window of Tolerance: The Capacity for Modulating Arousal (Ch 2). New York: WW Norton.

Putnam, F. (1997). The discrete behavioral states model. In Dissociation in Children and Adolescents. New York, NY. The Guilford Press. 151-179

4/11/11 **Ritu Sharma, Ph.D.**
Dialectical Behavior Therapy

Readings:

Harned, M., Rizvi, S., Wagner, A. (2007). Applications of Dialectical Behavior Therapy to the Treatment of complex Trauma-Related Problems: When One Case Formulation Does Not Fit All. Journal of Traumatic Stress, 20(4), 391-400

Linehan, M. (1998). An Illustration of Dialectical Behavior therapy. Psychology in Practice, 4(20), 21-44

Ben-Porath, D., Koons, C. (2005). Telephone Coaching in Dialectical Behavior Therapy: A Decision-Tree Model for Managing Inter-Session Contact with Clients. Cognitive and Behavioral Practice, 12, 448-460

4/18/11 **Patriot's Day**

4/25/11 **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 10/18/10 class; may be referenced for current seminar.]

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

Chaudhry, S., Emerson, D., Sharma, R., Turner, J. (2009). Trauma- sensitive yoga: Principles, practice and research. *International Journal of Yoga Therapy*. 19

5/2/11

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.

5/9/11

Bessel van der Kolk, M.D.
Future Directions

Readings:

To be announced

5/16/11

Margaret E. Blaustein, Ph.D.
Elizabeth Hopper, 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.

Syllabus updated 8/30/10