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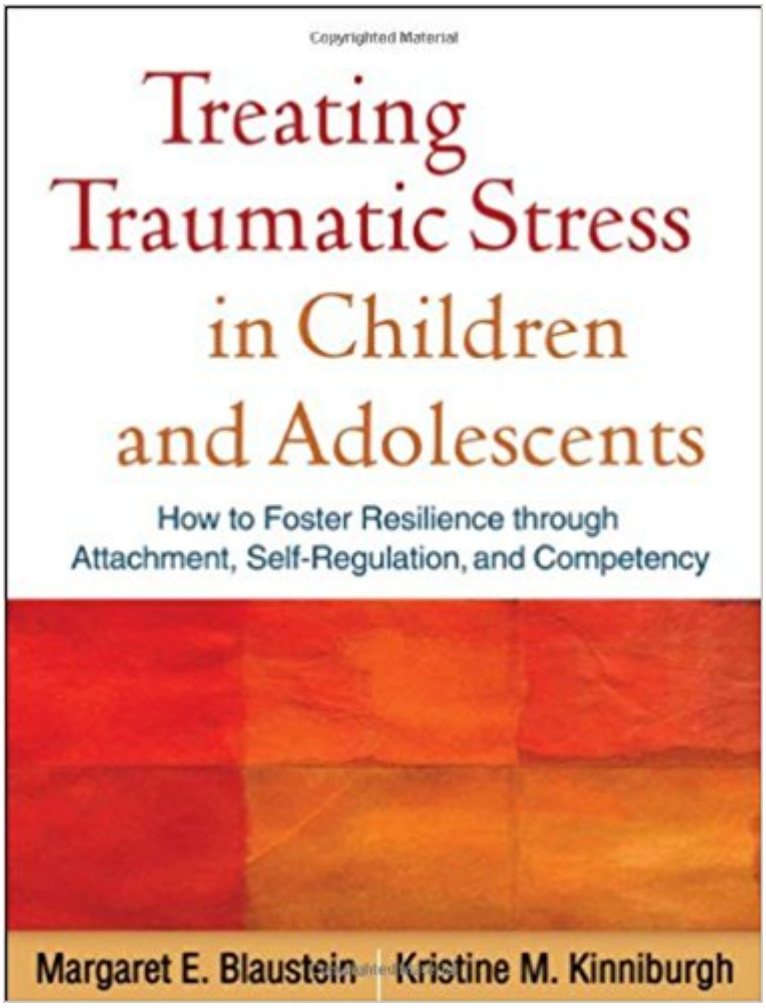
Treating Traumatic Stress In Children And Adolescents: How To Foster Resilience Through Attachment, Self-Regulation, And Competency



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Synopsis

Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings, from outpatient treatment centers to residential programs. Rather than presenting a one-size-fits-all treatment model, the authors show how to plan and organize individualized interventions that promote resilience, strengthen childÃ¢â ¬â œcaregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors. More than 45 reproducible handouts, worksheets, and forms are featured; the large-size format facilitates photocopying.

Book Information

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Customer Reviews

"This is a comprehensive guide to effectively helping the innumerable children who have lost their way in the world as a result of terrifying experiences. Blaustein and Kinniburgh's highly practical methods for promoting self-regulation, safety, and competency make this book a landmark for understanding and treating traumatized children."--Bessel A.van der Kolk, MD, Medical Director, The Trauma Center at Justice Resource Institute; Professor of Psychiatry, Boston University School of MedicineÃ Â "Written by gifted clinicians, this book presents one of the most helpful therapeutic approaches for complex childhood trauma. It describes the developmental consequences of trauma and provides specific techniques for resolving them. The book is filled with examples, exercises, handouts, worksheets, and therapeutic tools that allow the clinician to directly intervene in the child

or adolescent's relational schemas, self-regulation difficulties, and subsequent dysfunctional behaviors. Highly recommended!"--John Briere, PhD, Departments of Psychiatry and Psychology, Keck School of Medicine, University of Southern CaliforniaÃ Â "This book moves beyond the developmentally limited diagnosis of PTSD to fully address the clinical complexity of traumatized children and families encountered in the real world. The authors, both experienced therapists, offer a detailed, theory-based treatment model supported by an array of pragmatic strategies and therapeutic suggestions. The depth and flexibility of this approach allow it to be translated to a wide range of settings in which traumatized children and their families are seen and served."--Frank W. Putnam, MD, Departments of Pediatrics and Psychiatry, Cincinnati Children's Hospital Medical CenterÃ Â "Provides a lucid theoretical synthesis and an eminently practical toolkit for psychotherapy with children and adolescents with PTSD and other traumatic stress disorders. The emphasis on attachment, self-regulation, and competency is unique. This is an invaluable resource for all therapists who work with children and adolescents, as well as therapists in training."--Julian D. Ford, PhD, Department of Psychiatry, University of Connecticut Health Center"The book is a comprehensive, practical guide, taking the reader through an introduction of Developmental Trauma and the nine building blocks of the intervention....The toolbox for each chapter was illustrated with case examples and cultural and developmental considerations. The appendix includes over 45 handouts covering specific ideas and techniques for group activities, psycho-education, and worksheets for the young person and their care-givers. I found all of these resources really useful....The tips and ideas on developing therapy routines, and opening/closing activities with children would be helpful for all trainee clinical psychologists, as would many of the behavioural techniques....I would highly recommend [this book] to anyone interested in the field." (Journal of Mental Health 2010-03-20)

Margaret E. Blaustein, PhD, is a practicing clinical psychologist whose career has focused on the understanding and treatment of complex childhood trauma and its sequelae. With an emphasis on the importance of understanding the child-, family-, and provider-in-context, her study has focused on identification and translation of key principles of intervention across treatment settings, building from the foundational theories of childhood development, attachment, and traumatic stress. With Kristine Kinniburgh, Dr. Blaustein is codeveloper of the Attachment, Self-Regulation, and Competency treatment framework. She has provided extensive training and consultation to providers and consumers within the United States, Canada, and Europe. She is currently the Director of Training and Education at The Trauma Center at Justice Resource Institute in Brookline,

Massachusetts, and is actively involved in local, regional, and national collaborative groups dedicated to the empathic, respectful, and effective provision of services to this population. Kristine M. Kinniburgh, LICSW, is the former Director of Child and Adolescent Services at The Trauma Center at Justice Resource Institute in Brookline, Massachusetts. She is currently a practicing clinical social worker and organizational consultant, working with agencies to integrate trauma-informed and trauma-specific practices into all facets of service delivery. Over the past 15 years Ms. Kinniburgh has dedicated her practice to work with children and families affected by trauma in a range of settings including outpatient clinics, schools, residential programs and hospitals. Her clinical experience, broad in scope, inspired her to explore and subsequently identify core components of trauma-informed intervention that can be implemented in the array of treatment settings serving this population. Ms. Kinniburgh is the originator and codeveloper of the Attachment, Self-Regulation, and Competency treatment framework and is currently training and consulting on this framework with agencies across the United States and abroad.

Great information on traumatized children. A detailed and systematic explanation of various tools regarding caretakers and traumatized children. While this book has a great overarching explanation of how to approach youth that have been traumatized, it lacks some practical information that is critical to successful intervention. How do I set firm limits? At what point will the child begin to regulate herself and not rely on my interventions? In what format and delivery is praise and positive feedback most effective? How do I approach children who are not cognitive processors, meaning children that rely on intuition and split second decision making?Most children, and most adults, rely on the preconceptions and prior experience when making the majority of their decisions. How do I develop positive automated responses that do not require cognitive thought? A cognitive approach, one that requires children to think and process their decision making, is bound to fail because few humans have the mental capacity to function cognitively for the majority of the day. This task is especially difficult for traumatized, impulsive children.I’m a special ed teacher and while I found this book informative, I would be eaten alive in my classroom if I used this approach to teach and develop my students. After two or three years I would be burned out and looking for a new occupation. While it is important to be aware of and encourage deeper thinking when it comes to decision making, it is unrealistic to expect the majority of kids to cognitively navigate through their extensive bad habits and trauma induced social/academic deficiencies. An approach that carefully explains how to increase positive interactions and set firm limits is a better base when it comes to setting traumatized children up for success. If not careful, conversations about the child’s poor

decision making and lack of emotional control can dominate the majority of caretaker to child interactions, and that is a recipe for disaster.

I wish I had bought this book sooner. As a therapist in a community mental health agency I work with complexly traumatized children, including those in foster care. I've been looking for resources that have explicit information on helping children with self-regulation and this book is a treasure. This is a treatment manual for ARC: Attachment, Self-Regulation, and Competency. While it has components/ building blocks, the authors encourage you to view it as a framework rather than a rigid structure, so that it allows for clinical creativity. The building blocks addressed are as follows: Caregiver management of affect, Attunement, Consistent caregiver response, Building routines and rituals, Affect Identification, Modulation, Affect expression, Strengthening executive functions (impulse control and problem solving), and Self development and identity. There is also a section on trauma experience integration which reviews various ways to develop a trauma narrative. Each chapter reviews one of the building blocks. Key concepts are provided for the clinician to review with the caregiver, so that the caregiver is involved in treatment each step of the way. There are steps for the therapist to follow along with suggestions for creative, play or art-based activities to help accomplish each goal. Developmental considerations are addressed with adaptations of interventions based on the child's developmental stage/ age. Cultural issues are also addressed, and the authors review how to work with the components in a variety of settings including group therapy, individual/ dyadic (with the caregiver), and milieu (residential) settings. A helpful "Real-World Therapy" section of each chapter addresses practical considerations. I found the suggestions of activities for self-regulation to be numerous and enormously helpful. I've looked high and low for play-based and creative self-regulation strategies and am thrilled with what I've found here. I'm also pleased with the way the book addresses caregivers; it has an appendix with helpful handouts for caregivers to assist them in identifying trauma triggers, communication and behavior management skills, their own responses to kids' trauma reactions, as well as helping them to identify helpful self-regulation strategies for themselves. This is invaluable in helping caregivers to navigate the inevitable buttons that can be pushed by traumatized or attachment disturbed children. Handouts on the trauma response and the body's alarm system are available for both child and caregiver. In addition to caregiver handouts, the appendix provides a treasure trove of detailed, creative group activities. Finally, it contains handouts and worksheets to use individually with children that focus on the ARC components. My clients have found the handouts on the body's alarm system profoundly useful in understanding why they "overreact" in certain situations. In short,

this is a comprehensive treatment manual that covers the necessary components of good treatment of complex trauma, while including the caregiver so that the child can heal in the context of a secure attachment relationship. It is theoretically sound while providing practical, real-world tools that are child and adolescent friendly due to their creative base. It was immediately useful to me in my work and my only regret is that I didn't buy it sooner.

I'm usually hesitant in purchasing therapy books because often I have found them too technical or too theoretical that I could not apply them to my practice. This book however has exceeded my expectations. I'm about half way through the read and constantly highlighting it. It is rich in application and information that is very relevant to practice - including private practice, group therapy, and inpatient. There are so many ideas offered as well as several appendixes filled with handouts to give to both parents and children/adolescents in helping them know how to relate with themselves and each other effectively. The application of the material is broad too...meaning I could use this material in working with trauma survivors or just teens having a difficult time managing their emotions, or teens/children with Reactive Attachment Disorder. I also found that this book helped me to more easily conceptualize and understand the different stages of development and how they are hindered by trauma, better than any other teaching or reading has been able to explain. This has been an excellent resource for me in my practice and I highly recommend this book.

The book itself deserves four stars. My only issue is that I purchased it for Kindle, and there is no link to print out the 45 plus handouts that are located in the appendix. Because of this, I am going to have to purchase the book again in paperback so that I can use the handouts.

I had to make a "stop" and write about this book. Im a Family Therapist for Domestic violence survivors and children whom had witness violence. This book it's a valuable resource that helps to understand what the children has been through the DV trauma events. Also, is great to develop a workshop for caretakers. Highly recommend it! is excelent!

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