

## Evidence-Based Trauma-Specific Treatment with Descriptions

### PCJCC Evidence-Based Services Subcommittee Recommendations

Trauma-Specific Treatment	Brief Description of Treatment <sup>1</sup>	Target Population	Evidence-Based Rating <sup>2</sup>	Registry/ Organization <sup>3</sup>	Currently offered in Pima County?
Acceptance and Commitment Therapy (ACT)	Form of behavioral therapy that guides clients to view symptoms of trauma in a new way. Through mindfulness, clients are guided to notice but not react to traumatic thoughts and emotions. Instead, clients are taught to focus their energy on new action in the world to build a meaningful life with work, relationships, and family.	Adults	1 Insufficient Evidence	CEBC VA/DOD	Yes
Brief Eclectic Psychotherapy (BEP)	Approach that combines elements of Cognitive Behavioral Therapy (CBT) with a psychodynamic approach. It aims to change painful thoughts and feelings that are the result of a traumatic event. It focuses on changing the emotions of shame and guilt, and emphasizes the relationship between the patient and therapist.	Adults	3 Strong for Conditional	CEBC VA/DOD APA	No
Child Centered Play Therapy (CCPT)	Play-based intervention for young children experiencing emotional and relational disorders. CCPT uses children's play and the therapeutic relationship to provide a safe environment for the child to experience feelings through symbols.	Children ages 3-10	3	CEBC	No
Child-Parent Psychotherapy (CPP)	Intervention model for caregivers and children 0-5 experiencing attachment problems from a traumatic event such as abuse, loss of loved one, change of placement, or medical procedures. Primary goal is to support and strengthen the relationship between a child and caregiver using a combination of cognitive and psychodynamic techniques.	Children ages 0-5 and parents/caregivers	2	CEBC	Yes
Cognitive Processing Therapy (CPT)	Form of Cognitive Behavioral Therapy (CBT) that focuses on helping clients overcoming "stuck points" that keep them from moving forward with recovery, and then challenging those dysfunctional beliefs through reflection and evidence. Originally developed for rape and crime victims, it has been shown effective in a variety of PTSD clients.	Adults	1 Strong for Strong	CEBC VA/DOD APA	Yes
Eye Movement Desensitization and Reprocessing (EMDR)	An 8 stage trauma processing protocol involving recall of traumatic memories and painful thoughts while simultaneously focusing on an external motion or sound. This "bilateral stimulation" has been shown to lower the subjective distress of traumatic memories.	Adults	1 Strong for Conditional	CEBC VA/DOD APA	Yes
Individual Trauma Therapy	The EB Services subcommittee identified organizations that offer training and certification in providing individual trauma therapy. The court included on its recommended list those Pima County agencies with therapists trained and/or certified in individual trauma therapies.			See Committee List of Certifying Organizations	Yes
Narrative Exposure Therapy (NET)	Specially developed for victims of organized violence, torture, war and rape, NET focuses on clients constructomg a chronoigial narrative of their life story focusing on various traumas. By narrating their life story, clients are encouraged to relive painful emotions without losing connection to the "hear and now" and to re-interpret the meaning of events.	Adult survivors of organized violence, war, torture. Kidnet module for children.	Strong for Conditional	VA/DOD APA	Yes
Neurosequential Model of Therapeutics (NMT)	NMT is not a treatment itself but an assessment that recommends interventions to restore parts of the brain affected by complex and developmental trauma. If recommended interventions are followed, research has demonstrated its effectiveness. The goal is to provide an assessment of the child, determine primary problems, identify key strengths, and apply interventions in a way that will help family, educators, and therapists to best meet the needs of the child.	At-risk children	NR: Promising	The ChildTrauma Academy	Yes

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Prolonged Exposure (PE)  (PE-A) for adolescents	A type of Cognitive Behavioral Therapy (CBT) that teaches clients to face their fears and gradually stop avoiding trauma-related memories, feelings and situations. In a safe setting clients re-experience traumatic events in their imagination by repeated recounting and by visiting triggering locations and objects. By gradually moving beyond avoidance, clients regain a full range of life.	Adolescents ages 12-18  Adults	1  1 Strong for Strong	CEBC  CEBC VA/DOD APA	No
Seeking Safety	Psychoeducational group for PTSD with or without substance abuse. The group teaches about PTSD and offers a menu of coping techniques. The group does not engage in trauma processing, but teaches skills helpful to that next-stage of treatment.	Adolescents  Adults	3  2 Insufficient evidence	CEBC  CEBC VA/DOD, APA	Yes
SITCAP-ART	Designed specifically for at-risk and adjudicated youth, SITCAP-ART integrates cognitive with sensory strategies. Therapists work to help youth retrieve memories through iconic symbols or visualizations in order to integrate into consciousness. Clients are also guided to think of themselves as survivors rather than victims of traumatic events.	At-risk and adjudicated youth ages 12-17	3	CEBC	No
Somatic Experiencing® (SE®) Model	Alternative therapy focusing on the client's perceived body sensations (or "somatic experiences"). Interventions consist of guiding clients from numb or fearful "unregulated" states of the autonomic nervous system back to its normal regulated state. Discharge may be in the form of tears, a warm sensation, breathing and movement.	Children ages 6-17, Adults	NR: Promising	CEBC	Yes
Trauma Affect Regulation Guide for Education and Therapy (TARGET)	A strengths-based approach to education and therapy for survivors of physical, sexual, psychological, and emotional trauma. TARGET teaches a set of 7 skills that can be used by to regulate extreme emotion states, manage intrusive trauma memories, promote self-efficacy, and achieve lasting recovery from trauma.	At-risk adolescents in Detention ages 13-17	3	SAMHSA NREPP	Yes
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	Specialized form of Cognitive Behavioral Therapy (CBT) that includes a combination of psychoeducation, challenging beliefs about the trauma, and re-interpreting the original trauma event by means of journaling. TF-CBT includes individual sessions for the child and the parents, as well as parent-child joint sessions.	Children ages 3-18 and parents/caregivers	1	CEBC	Yes

<sup>1</sup> **General Caveats:** Psychotherapy for PTSD is only safe when clients are not actively using illegal substance nor actively psychotic. Stabilization for SA and psychosis is recommended as a pre-requisite to trauma therapy.

<sup>2</sup> **CEBC ratings:** 1 to 5 with 1 being the highest, NR=not rated

**VA/DOD ratings:** Strong for, Weak for, Insufficient Evidence to Recommend For or Against, Weak Against, Strong Against

**APA ratings:** Strong ("the panel recommends"), Conditional ("the panel suggests"), Insufficient Evidence to Recommend For or Against

<sup>3</sup> **CEBC**=California Evidence-Based Clearinghouse, **APA**=American Psychological Association, **VA/DOD**=Department of Veterans Affairs/Department of Defense, **SAMHSA NREPP**= 1 to 5 with 1 being the highest, NR=not rated