

Treating Complex Trauma in Adolescents (Parts 1 and 2)

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Trauma exposure: “Simple” versus “Complex”

- Onset
- Relationality
- Frequency and duration
- Number of different trauma types
- Revictimization
- Symptom interaction: Child x adult

Complex posttraumatic outcomes

- Anxiety, depression, anger
- Posttraumatic stress
- Affect dysregulation
- Negative relational and self schema
- Avoidance responses
 - Dissociation
 - Tension reduction behaviors
 - Self-injurious behavior, sex, bulimia, aggression, suicidality
 - Substance abuse
 - Suicidality

Integrative Treatment of Complex Trauma for Adolescents (ITCT-A)

- Manual at attc.usc.edu
- Assessment-based: The ATF-A
- Focus beyond posttraumatic stress
 - Relational, affect dysregulation, problematic avoidance
- Centrality of the therapeutic relationship
- Safety within therapy and environment
- Customization
- Nonjudgmental/authoritarian therapist behaviors
- Advocacy and system intervention

Applying ITCT-A treatment components

- **Relationship Building and Support**
 - Attachment, acceptance, compassion
- **Acute safety issues**
 - Environmental, self-endangering, survival behaviors
 - Interventions: Place to stay, suicidality, safer-sex, substance abuse, prostitution, gangs, child protection
- **Psychoeducation**
 - Trauma prevalence, perpetrator dynamics
 - Cultural myths
 - Normalization of traumatization, effects
 - Resources

Applying ITCT-A treatment components

- **Distress reduction and affect regulation training**
 - Relaxation, breath training, visualization
 - Emotion identification and discrimination
 - Mindfulness
 - Meta-cognitive awareness: Just Thoughts, Not Facts
 - Urge/emotion surfing
- **Trigger Identification and Intervention**
 - The “Trigger Grid”
 - Identify triggers and triggered states
 - Learn coping strategies (self-talk, including meta-cognitive statements, problem-solving)
 - Additions and revisions over time

Applying ITCT-A treatment components

- **Titration exposure**
 - Multiple sources versus systematized
 - Resistance/avoidance as self-titration
 - Permission to control exposure process
 - The therapeutic window
 - Intensity control
- **Relational processing as exposure therapy**
 - Exposure to archaic relational schema
 - Activation of abuse/neglect-era emotions
 - Disparity between memory and treatment environment
 - Extinction/reconsolidation/”updating”

Applying ITCT-A treatment components

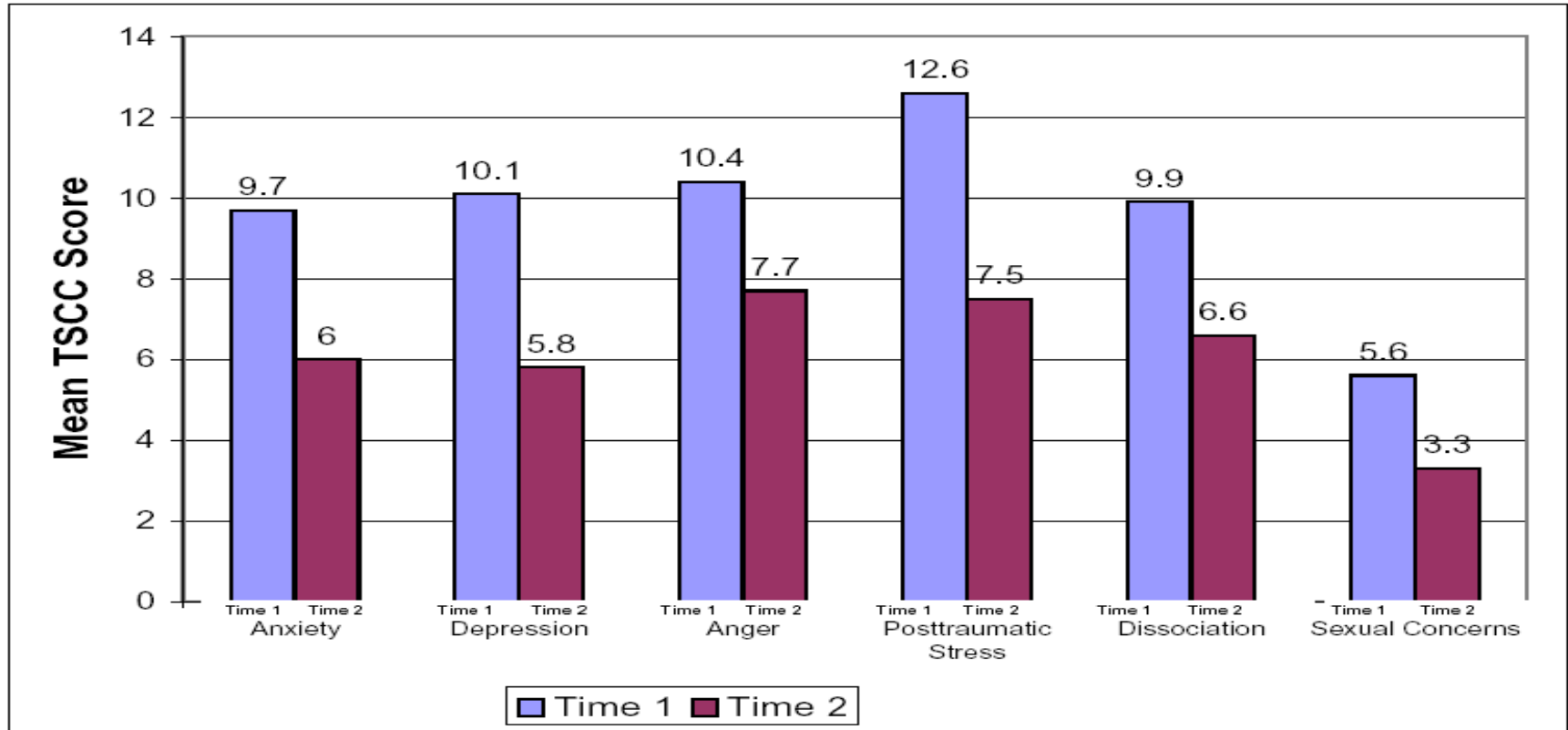
- **Family/caretaker interventions**
 - Caretaker education groups
 - Parenting groups
 - Family therapy
 - Brief caretaker individual or couple's therapy, if indicated

Pre-Post Data for ITCT (A and C)

Average of >40% improvement across symptoms

No control group

N = 151



ITCT-A references

Briere, J., & Lanktree, C.B. (2014). *Treating substance use issues in traumatized adolescents and young adults: Key principles and components*. Los Angeles, CA: USC Adolescent Trauma Training Center ([available at attc.usc.edu](http://attc.usc.edu))

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Lanktree, C.B., & Briere, J. (2013). Integrative Treatment of Complex Trauma (ITCT) for children and adolescents. In J.D. Ford and C.A. Courtois, *Treating complex traumatic stress disorders with children and adolescents: An evidence-based guide* (pp. 143-161). NY: Guilford.