DOMAIN 4: Provision of Trauma-Informed, Evidence-Based and Emerging Best Practices

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Overview

- Evidence Based Practice vs. the Evidence Based Practitioner
- Basic of Neurobiology and Why We Need to Know
- Domain 4 and Standards
- Motivational Interviewing
- Evidence Based Relationships
- Resources
Evidence Based Practice is not the same as a Best Practice

http://bit.ly/1JcQtx8 - Tony Salerno, PhD
Ted Style Talk at NatCon 2014
The Evidence Based Practitioner
What is a BEST practice?

The Institute of Medicine (2001) defines evidence-based medicine as the “integration of best researched evidence AND clinical expertise WITH patient values” (p. 147).
What the research tells us
(Najavits, 2015; Najavits & Anderson, 2015)

- Trauma specific treatments work better than treatment as usual.
- Average improvement (effect size) is in the moderate to high range.
- Various trauma specific treatments are identified as efficacious, with no one treatment having superiority.
- Both past- and present-focused treatments work and neither consistently outperforms the other in terms of outcomes based on RCT’s.
- Limitations of unrepresentative samples.
Polling Question #1

Our organization currently:

A) Has a number of highly trained and skilled therapists who provide trauma-specific treatment.

B) Does not have trauma specific therapists on staff.

C) Does not provide clinical services, but refers to partners who are expected to have highly trained and skilled therapists who provide trauma-specific treatment.
The Promise of Evidence Based Practices

- Provides a great starting place
- Many practices provide tools and resources to support implementation
- Professional ethics
- Practices offer training supports to enhance staff competencies
Limits of the Evidence in TIC and Trauma Specific Practices

• Many practices have not been studied with the “gold standard” methods
• Voltage drop when implemented in service settings
• Studies that demonstrate no effect often don’t get published
• Multi-component practices are difficult to dismantle
Limits of Evidence in TIC Specific Practices: Implementation Challenges

• Difficult to maintain a high level of fidelity
• Developer expectations and reality
• Lack of flexibility
How Practice Developers often see their practice “baby”
How organizations may see the developers’ “Baby”
Evidence Based Practice vs the Evidence Based Practitioner
Some characteristics of the evidence based practitioner?

Three core areas:

Values

Skills

Knowledge
Values/Beliefs: Trauma Sensitive Lens

- System Minded
- Cultural Sensitivity
- Belief in Resilience
- The Capacity of Individual to Find Meaning in Trauma
- Person Centered and Self-determination
- Whole Health Perspective
Polling Question #2

Our TIC Team has grasped the understanding that trauma-informed is more than providing trauma treatment.

A) Yes, we recognize that this is about culture change
B) Yes, but leadership is still struggling with why we feel this is so important
C) We are floundering...
Basics of Neurobiology

• “A traumatized brain is a scared brain, and scared brains can’t learn.” –Bessel van der Kolk
<table>
<thead>
<tr>
<th>Internal State</th>
<th>CALM</th>
<th>ALERT</th>
<th>ALARM</th>
<th>FEAR</th>
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<td>Cognitive Style</td>
<td>ABSTRACT</td>
<td>CONCRETE</td>
<td>EMOTIONAL</td>
<td>REACTIVE</td>
<td>REFLEXIVE</td>
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<td>Regulating Brain Region</td>
<td>NEOCORTEX Cortex</td>
<td>CORTEX Limbic</td>
<td>LIMBIC Midbrain</td>
<td>MIDBRAIN Brainstem</td>
<td>BRAINSTEM Autonomic</td>
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<tr>
<td>Dissociative Continuum</td>
<td>REST</td>
<td>AVOIDANCE</td>
<td>COMPLIANCE Robotic</td>
<td>DISASSOCIATION Fetal Rocking</td>
<td>FAINTING</td>
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<tr>
<td>Arousal Continuum</td>
<td>REST</td>
<td>VIGILANCE</td>
<td>RESISTANCE Crying</td>
<td>DEFIANCE Tantrums</td>
<td>AGGRESSION</td>
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<tr>
<td>Sense of Time</td>
<td>EXTENDED FUTURE</td>
<td>DAYS HOURS</td>
<td>HOURS MINUTES</td>
<td>MINUTES SECONDS</td>
<td>NO SENSE OF TIME</td>
</tr>
</tbody>
</table>
Unexamined Assumptions

• If a person gains insight into a behavior that isn’t working for them, they will change.
• Our job as helpers is to restore the client’s/student’s/patient’s function.
• Sitting and talking is the best way to interact with people.
• Helping people verbalize how they feel is therapeutic.
• We are the experts.
Trauma-Focused Cognitive Behavioral Therapy

- Thoughts
  - Create
  - Feelings

- Behavior
  - Reinforces
  - Thoughts

- Feelings
  - Create
  - Behavior
Knowledge: What Does the EB Practitioner Need to Know?

A. Basic foundational knowledge in trauma: What it is? Why it’s important? The psychological, biological and social aspects of trauma.

B. Understanding the relationship between traumatic life events and the role of adverse life experiences on a person’s mental health, physical health and substance use.

C. Knowledge of the various treatment options and alignment with consumer needs.
Knowledge

D. Understanding of the basics of the neurobiology of trauma (the human stress response and coping)

E. Knowledge of the multi-domain components of trauma informed care.

F. Understanding of vicarious trauma

G. Knowledge of alternative approaches to trauma supports (meditation, yoga, body movements, massage, mindfulness)
Skills: What does an EB practitioner need to do?

A. Engagement, Connecting and Motivation Enhancing Skills to sensitively and respectfully inform and engage consumers to explore the role of traumatic life events in current difficulties

B. Teaching skills: Imparting information based on the principles of adult education

C. Comprehensive Integrated Screening and Assessment Skills

D. Basic Cognitive-Behavioral interventions

E. Trauma specific treatment skills
Let’s Chat

What common and unintended ways do practitioners upset/anger/hurt clients?
What may not work so well

- Persuasion/hard sell: Arguing for change
- Criticizing, shaming or blaming
- Focusing on what’s wrong rather than on what’s strong
- Scare tactics
- Practitioner agenda driven (see only downside of a risky/harmful behavior)
- Unsolicited advice giving
- Incentives (short term vs long term)
- Ultimatums
- Guilt induction
- Feeling rushed/distracted
- Assuming the expert role
- Labeling
Domain Standards

• Standard A. Emphasis on Role of Trauma
• Standard B: Support Network Involvement
• Standard C: Consumer Voice and Choice
• Standard D. Wellness and Crisis Prevention Plans
• Standard E. Trauma Specific Services
• Standard F. Coordination of Care
Motivational Interviewing

Motivational interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.

Miller & Rollnick, 2012

Motivational Interviewing: Helping People Change
Some Principles of Motivation

1. Motivation is not static.

2. Pushing too hard for will evoke resistance to change.

3. Evoking a person’s own change talk will enhance behavior change.
The “Spirit” of Motivational Interviewing

- Partnership
- Acceptance
- Evocation
- Compassion
OARs:
Listening Style that Motivates Change

- Open-Ended Inquiry
- Affirmations
- Reflections
Open-Ended Inquiry

- Understanding the other’s experience
- Ask for examples & elaboration
- How...What...Tell me...
# Closed to Open

<table>
<thead>
<tr>
<th>Instead of</th>
<th>Try</th>
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<tbody>
<tr>
<td>1. Why aren’t you taking better care of yourself?</td>
<td>What are some things you do to take care of yourself?</td>
</tr>
<tr>
<td>2. Don’t you want to see your kids grow up?</td>
<td>Tell me about what’s important to you.</td>
</tr>
<tr>
<td>3. You need to start going to the trauma support group, ok?</td>
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Affirmations

• Supportive, testaments of character
• Genuine, direct reinforcements
• Demonstrate understanding
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<th>Attributes of Successful Changers</th>
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<tr>
<td>Accepting</td>
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<td>Adaptable</td>
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<td>Ambitious</td>
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<td>Careful</td>
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<td>Committed</td>
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<td>Considerate</td>
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<td>Creative</td>
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Reflections

- What you hear, what you observe.
- **Not** problem solving or advice.
- Right now. Not the future.
“It’s hard being the new kid in school! I don’t always plan to get high but sometimes it’s just easier to do it so I don’t look like a weirdo loner.”

It’s hard being the new kid.

You’re don’t always want to get high.

You want to find other ways to fit in.
I don’t know what to do anymore. Life was so easy before everything happened. I liked my job and didn’t really worry about much. Now I’m anxious all the time and I don’t trust anyone. I miss being carefree and I don’t even like leaving the house to go to work. What am I supposed to do?
Polling Question #3

Our agency/organization/system regularly provides:
A) Training of EBPs
B) Supervision of practitioners once trained in a practice
C) Expect our clinicians to get training on their own
Scott R. Petersen, LCSW, CAC-III, is a Clinical Assistant Professor at University of Denver Graduate School of Social Work (GSSW) and a faculty member at the Center for Social Innovation in Needham, MA. In addition, he maintains a private psychotherapy practice in Denver, CO and is a therapist for an NIH-funded study at Fort Carson in Colorado Springs, CO investigating the efficacy of Mindfulness-Oriented Recovery Enhancement (MORE). Scott has been working with people affected by trauma, mental illness and substance use for more than 20 years as an outreach worker, case manager, psychotherapist, clinical supervisor and program director.

He is currently a member of the Motivational Interviewing Network of Trainers (MINT) and a past participant in the National Council for Behavioral Health Trauma-Informed Learning Community.
Trauma-Informed First

The agency that is determined to inform all of its staff about trauma dynamics would do well to postpone intensive training for a few in favor of a more general introduction for many. A trauma survivor who seeks services may interact with a dozen individuals before actually sitting down with a clinician trained to provide trauma services (Harris & Fallot, 2001, p. 7).
Evidence-Based Relationships

*Trauma very often happens in the context of relationships, it is within relationships that healing must necessarily commence* (Fisher & Prescott, 2010).
Evidence-Based Relationships

• Collaboration
• Goal consensus
• Feedback

*It is the cycle of rupture and repair that is ultimately restorative.*

-Judith Lewis Herman
Training Is (usually) Not Enough

1. Reading, verbal instruction, observation

2. Practice with feedback

3. Ongoing coaching and supervision of practice

Strategies for Learning and Implementing Best Practices
(Miller et al., 2006)
Healing from the Effects of Traumatic Experience

Frameworks:
• Trauma-Informed v. Trauma-Specific
• Herman’s (1992, 1997) Healing Relationship
• Empowerment (Wise, 2005; Bussey, 2007)
• Saakvitne et al. (2000) CSDT/RICH Relationships

Models:
• Herman’s (1992, 1997) Stages of Healing
• Briere’s (2002, 2006) Self-Trauma Model
• Chu’s (1998) Stage-Oriented Treatment Model

Techniques & Approaches/Interventions (including EST’s)
Trauma-Informed or Trauma-Specific
Stages of Healing
(Cloitre et al., 2012; Herman, 1997; Najavits, 2002)

1. SAFETY

2. REMEMBERANCE & MOURNING

3. RECONNECTION
Trauma Treatment: A Full Menu, I

• Physical/Somatic Approaches
  – Psychopharmacology*
  – Sensorimotor Psychotherapy (Ogden & Fisher, 2015)
  – Trauma-Sensitive Yoga (Emerson et al. 2011)
  – iREST Yoga Nidra (Miller et al., 2015)
  – Alternative/Integrative Therapies
  – Interoceptive Awareness Training (Lanius, Bruhm, & Frewen, 2011)

• Cognitive-Behavioral Approaches
  – Cognitive Therapy for PTSD* (CT-PTSD; Butler et al., 2006; Ougrin, 2011)
  – Cognitive Processing Therapy* (CPT; CPT-C; Resick & Schnicke, 1996)
  – Trauma Focused CBT* (TF-CBT)
  – Prolonged Exposure Therapy for PTSD* (Rothbaum et al. 2007)
Trauma Treatment: A Full Menu, II

- Skills Training
  - Seeking Safety* (Najavits, 2002); Creating Change (Najavits, 2014)
  - Trauma Recovery & Empowerment* (TREM, M-TREM, G-TREM; Harris, 1998)
  - Dialectical Behavioral Therapy* (DBT; Linehan, 2015)
  - Acceptance and Commitment Therapy (ACT; Hayes et al. 1999; Walser & Westrup, 2007)
  - Stress Inoculation Training* (SIT; Meichenbaum, 1985)
  - Skills Training in Affective and Interpersonal Regulation/Exposure* (STAIR/Exposure; Cloitre et al. 2006)

- Mindfulness Training (Kim et al. 2013; Vujanovic et al. 2010)

- Eye Movement Desensitization and Reprocessing* (EMDR; Shapiro, 2001)
Trauma Treatment: A Full Menu, III

- Narrative Exposure Therapy* (Schauer et al. 2011)
- Animal Assisted Therapy (Earles et al., 2015; Lefkowitz et al., 2006)
- Psychodynamic Psychotherapy
- Group Therapy (e.g., The Trauma Recovery Group, Mendelsohn et al. 2011)
- Peer Support
  - Peer-Led Seeking Safety (Najavits et al., 2014)
  - Wellness Recovery and Action Planning (WRAP; Copeland, 2011)
Healing the Trauma of Abuse

- Empowerment
- Trauma Recovery
- Creating Life Changes
- Closing Rituals
Neurosequential Model of Therapeutics

Where to get more information:

• \textbf{The Boy Who Was Raised as a Dog}  
  Dr. Perry and Maia Szalavitz, 2007

• CTA Library section on the CTA website \url{http://childtrauma.org/}

• Special NMT DVD \textit{(Introduction to the Neurosequential Model of Therapeutics)} on the CTA online store
The Resilience Cookbook

This interactive tool, The Community Resilience Cookbook, is a companion to the proceedings of the National Collaborative on Adversity and Resilience that was released in June with generous support from Robert Wood Johnson Foundation.

http://www.healthfederation.org/community-resilience-cookbook/

Health Federation of Philadelphia
SAMHSA’S Tip 57

- Impact and consequences of trauma
- assessment
- treatment planning
- strategies that support recovery
- building a trauma-informed care workforce

Clinical and organizational guidelines for trauma-informed care

Models for Developing Trauma-Informed Behavioral Health Systems and Trauma-Specific Services
2008 update
Compiled by Ann Jennings, PhD

http://www.theannainstitute.org/Models%20for%20Developing%20Traums-Report%201-09-09%20_FINAL_.pdf
# Resources

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<th>Developed By</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Creating Cultures of Trauma-Informed Care Models: pgs 11 – 13</td>
<td>Developed by Roger Fallot Ph.D and Maxine Harris Ph.D of Community Connections DC</td>
<td><a href="http://www.ccdc1.org">www.ccdc1.org</a> or call Rebecca Wolfson Berley, M.S.W Director of Trauma Training 202-608-4735 <a href="mailto:rwolfson@ccdc1.org">rwolfson@ccdc1.org</a></td>
</tr>
<tr>
<td>Creating Trauma Informed Systems of Care: Facilitating Recovery in Mental Health Service Settings Models: pgs 13 - 14</td>
<td>Developed by Kevin Huckshorn National Association of Mental Health Program Directors</td>
<td>National Technical Assistance Center/National Center for Trauma Informed Care 703-739-9333 or 301- 634-1785 <a href="mailto:NCTIC@nasmhpd.org">NCTIC@nasmhpd.org</a> <a href="http://mentalhealth.samhsa.gov/nctic">http://mentalhealth.samhsa.gov/nctic</a></td>
</tr>
<tr>
<td>Developing Trauma-Informed Organizations: A Tool Kit Models: pg 17</td>
<td>Developed by Members of the MA State Leadership Council of the WCDVS Women Embracing Life and Living (WELL) Project of the Institute for Health and Recovery</td>
<td>Laurie Markoff 617-661-3991 <a href="mailto:wellproject@healthrecovery.org">wellproject@healthrecovery.org</a> <a href="http://www.healthrecovery.org">www.healthrecovery.org</a></td>
</tr>
<tr>
<td>National Executive Training Institute for the Reduction of Seclusion and Restraint: Creating Violence Free and Coercion Free Mental Health Treatment Settings Models: pgs 17-18</td>
<td>Developed by Kevin Huckshorn National Association of Mental Health Program Directors</td>
<td>Kevin Huckshorn, Office of Technical Assistance, NASMHPD <a href="mailto:kevin.huckshorn@nasmhpd.org">kevin.huckshorn@nasmhpd.org</a></td>
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<tr>
<td>Risking Connection*: A Training Curriculum for Working with Survivors of Childhood Abuse Models: pgs 18-19</td>
<td>Developed by Sidran Institute</td>
<td>Esther Giller at Sidran Institute 410-825-8888, ext. 207 <a href="mailto:esther.giller@sidran.org">esther.giller@sidran.org</a> <a href="http://www.sidran.org">www.sidran.org</a></td>
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<td>Risking Connection™ in Faith Communities: A Training Curriculum for Faith Leaders</td>
<td>Developed by Sidran Institute</td>
<td>Esther Giller at Sidran Institute 410-825-8888, ext. 207</td>
</tr>
<tr>
<td>Supporting Trauma Survivors Models: pg. 16 - 17</td>
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<td><a href="mailto:esther.giller@sidran.org">esther.giller@sidran.org</a></td>
</tr>
<tr>
<td>The Sanctuary Model Models: pgs 19-21</td>
<td>Developed by Sandra Bloom M.D.</td>
<td>Sandra L. Bloom, M.D.; CommunityWorks 215-248-5357,</td>
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<td><a href="mailto:S13132020@msn.com">S13132020@msn.com</a></td>
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<td><a href="http://www.sanctuaryweb.com">www.sanctuaryweb.com</a></td>
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<td><a href="mailto:sscird@aol.com">sscird@aol.com</a></td>
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<td><a href="http://www.stephaniecovington.com">www.stephaniecovington.com</a></td>
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<td><a href="http://www.centerforgenderandjustice.org">www.centerforgenderandjustice.org</a></td>
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<tr>
<td>Domestic Violence Group Intervention Models: pg 21</td>
<td>Community Connections DC</td>
<td>Aisha Meertins 202-608-4734</td>
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<td><a href="mailto:ameertins@ccdc1.org">ameertins@ccdc1.org</a></td>
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<tr>
<td>Economic Success in Recovery Models: pgs 22-23</td>
<td>Boston Consortium of Services for Families in Recovery, Boston Public Health Commission and Institute on Urban Health Research at Northeastern University.</td>
<td>Dr. Hortensia Amaro, <a href="mailto:h.amaro@neu.edu">h.amaro@neu.edu</a>; or Rita Nieves, <a href="mailto:rita_nieves@bphc.org">rita_nieves@bphc.org</a></td>
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</table>
| Trauma-Informed Addictions Group Intervention Models: pgs 23-24                  | Community Connections DC                           | Aisha Meertins 202-608-4734
                                              ameertins@ccdc1.org                           |                                             |
| Trauma Issues Associated with HIV Infection: A Group Intervention               | Community Connections DC                           | Aisha Meertins 202-608-4734
                                              ameertins@ccdc1.org                           |                                             |
| Addictions and Trauma Recovery Integration Model (ATRIUM) Models: pg 25         | Developed by Dusty Miller, Ed.D., and Laurie Guidry, Psy.D | Dusty Miller 413-584-8404
                                              dustymi@valinet.com
                                              www.dustymiller.org                           |                                             |
| The Associative Skills Model: Taking Charge of Change; The Trouble with Feelings; and Boundaries, Precious Boundaries Models: pgs 30 - 31 | Developed by professional educator and trauma survivor Elizabeth Power, M.Ed | Esther Giller , Sidran Institute 410-825-8888 extension 207
                                              esther.giller@sidran.org                      |                                             |
                                              sscird@aol.com
                                              www.stephaniecovington.com                   |                                             |
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<tr>
<td>The Trauma and Recovery Group: Cognitive-Behavioral Treatment for PTSD Among People with Severe Mental Illness Models: pgs 26-27</td>
<td>Stanley Rosenberg, PhD and Kim Mueser, PhD</td>
<td><a href="mailto:Kim.T.Mueser@Dartmouth.edu">Kim.T.Mueser@Dartmouth.edu</a> or <a href="mailto:Stan.Rosenberg@Dartmouth.edu">Stan.Rosenberg@Dartmouth.edu</a></td>
</tr>
<tr>
<td>Eye Movement Desensitization and Reprocessing (EMDR) Models: pgs 32 - 33</td>
<td>Developed by Francine Shapiro in 1989</td>
<td>EMDR Institute, Inc. emdr.com <a href="mailto:inst@emdr.com">inst@emdr.com</a> 831-761-1040</td>
</tr>
<tr>
<td>Growing Beyond Survival: A Self Help Toolkit for Managing Traumatic Stress Models: pg 34</td>
<td>Developed by Elizabeth Vermilyea, M.D. and Sidran Institute</td>
<td>For training on using this resource contact: Sidran Institute 410-825-8888 x 207, <a href="mailto:orders@sidran.org">orders@sidran.org</a> <a href="http://www.sidran.org/gbs">www.sidran.org/gbs</a></td>
</tr>
<tr>
<td>Integrated Substance Abuse, Mental Health and Trauma Treatment with women: A case study workbook for staff training Models: pgs 37 - 38</td>
<td>Developed and conducted by the Boston Consortium of Services for Families in Recovery (BCSFR), Boston Public Health Commission and Institute on Urban Health Research at Northeastern University</td>
<td>Dr. Hortensia Amaro <a href="mailto:h.amaro@neu.edu">h.amaro@neu.edu</a> or Rita Nieves, R.N., M.P.H. <a href="mailto:Rita_Nieves@bphc.org">Rita_Nieves@bphc.org</a></td>
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<tr>
<td>Managing Traumatic Stress through Art: Drawing from the Center</td>
<td>Developed by three art therapists, Barry M. Cohen, Mary-Michola Barnes, and Anita B. Rankin</td>
<td>For training in using this resource and for additional information, 410-825-8888 x 207, <a href="mailto:esther.giller@sidran.org">esther.giller@sidran.org</a></td>
</tr>
<tr>
<td>Models: pgs 38 - 39</td>
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<tr>
<td><strong>Prolonged Exposure (PE) Therapy</strong> Models: pg 39 - 40</td>
<td>Developed by Edna B. Foa, Ph.D., Professor of Psychology at the University of Pennsylvania and the founder and director of the Center for the Treatment and Study of Anxiety</td>
<td>Dr. Edna Foa or Dr. Elizabeth Hembree: Center for the Treatment and Study of Anxiety Phone: 215-746-3327 Website: <a href="mailto:ctsa@mail.med.upenn.edu">ctsa@mail.med.upenn.edu</a></td>
</tr>
<tr>
<td>Seeking Safety Models: pgs 41 - 42</td>
<td>Developed by Lisa M. Najavits, Ph.D., at Harvard Medical/McLean Hospital</td>
<td>Lisa M. Najavits, Ph.D. 617-855-2305 (phone) <a href="mailto:info@seekingsafety.org">info@seekingsafety.org</a> <a href="http://www.seekingsafety.org">www.seekingsafety.org</a></td>
</tr>
<tr>
<td>Spirituality in Trauma Recovery Group Models: pg 43</td>
<td>Developed as part of the D.C. Trauma Collaboration Study at Community Connections, one of the Women, Co-Occurring Disorders, and Violence Study sites.</td>
<td>Aisha Meertins 202-608-4734 <a href="mailto:ameertins@ccdc1.org">ameertins@ccdc1.org</a> <a href="http://www.ccdc1.org">www.ccdc1.org</a></td>
</tr>
<tr>
<td>Trauma Affect Regulation: Guide for Education and Treatment (TARGET©) Models: pg 45 - 46</td>
<td>Developed by Julian Ford, Ph.D.</td>
<td>Eileen Russo <a href="mailto:Russo@psychiatry.uchc.edu">Russo@psychiatry.uchc.edu</a> <a href="http://www.ptsdfreedom.org">www.ptsdfreedom.org</a></td>
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**Next Steps:**
- Contact the providers listed above for training and additional information.
- Explore the resources and models listed for various trauma recovery methods.
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</table>
| Trauma, Addictions, Mental health And Recovery (TAMAR) Trauma Treatment Group Model Models: pgs 46 - 47 | Developed as part of the first phase of the SAMHSA Women, Co-Occurring Disorders and Violence Study | Joan Gillece  
410-724-3238  
gillecej@dhmh.state.md.us  
Jenny Howes  
410-724-3180  
howesj@dhmh.state.md.us |
| Trauma Recovery and Empowerment Model (TREM) Models: pgs 47 - 49 | Developed by Maxine Harris, Ph.D., and the Community Connections Trauma Work Group | Rebecca Wolfson Berley, M.S.W.  
Director of Trauma Training  
202-608-4735  
rwolfson@ccdc1.org |
| Trauma Resiliency Model (TRM) Veterans Resiliency Model (VRM) Models: pgs 50 - 51 | Developed by Trauma Resource Institute’s Co-founders, Elaine Miller-Karas, MSW and Laurie Leitch, PhD | Website:  
www.traumaresourceinstitute.com  
Contact with questions about training:  
Elaine Miller-Karas, Elainemk27@mac.com |
| TRIAD Women’s Group Model Models: pg 52 | Developed by and implemented at one of the SAMHSA Women Co-Occurring Disorders and Violence Study sites | Colleen Clark, Ph.D.  
813-974-9022  
cclark@fmhi.usf.edu |
| Spirituality and Recovery Curriculum | Developed and conducted by the Boston Consortium of Services for Families in Recovery (BCSFR), Boston Public Health Commission and Institute on Urban Health Research at Northeastern University | Dr. Hortensia Amaro  
h.amaro@neu.edu  
Rita Nieves, R.N., M.P.H.  
Rita_Nieves@bphc.org |
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<td>Trauma Safety Drop-In Group: A Clinical Model of Group Treatment for Survivors of Trauma</td>
<td>Pat Gilchrist, Ulster County Mental Health; and Peri Rainbow, of Women’s Studies at New Paltz State University of New York</td>
<td>NYS OMH Printing and Design Services, fax number 518-473-2684</td>
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<td>Developed by the Boston Consortium of Services for Families in Recovery, Boston Public Health Commission</td>
<td>Dr. Hortensia Amaro&lt;br&gt;<a href="mailto:h.amaro@neu.edu">h.amaro@neu.edu</a> or&lt;br&gt;Rita Nieves, R.N., M.P.H.&lt;br&gt;<a href="mailto:Rita_Nieves@bphc.org">Rita_Nieves@bphc.org</a></td>
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<td>An Introduction to Trauma Issues for Women on Inpatient or Short-Stay Units Models: pg 56</td>
<td>Created by Maxine Harris, Ph.D., Bronwen Millet, Ph.D., Lori Beyer, M.S.W., Jerri Anglin, M.S.W., Rebecca Wolfson, MSW</td>
<td>Aisha Meertins&lt;br&gt;202-608-4734&lt;br&gt;<a href="mailto:ameertins@ccdc1.org">ameertins@ccdc1.org</a>; <a href="http://www.ccdc1.org">www.ccdc1.org</a></td>
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<td>Men’s Trauma Recovery and Empowerment Model (M-TREM): A Clinician’s Guide to Working with Male Trauma Survivors in Groups Models: pgs 56 - 57</td>
<td>Developed by Community Connections with Roger D. Fallot, Ph.D. et al</td>
<td>Rebecca Wolfson Berley, M.S.W., Director of Trauma Training&lt;br&gt;202-608-4735&lt;br&gt;<a href="mailto:rwolfson@ccdc1.org">rwolfson@ccdc1.org</a>&lt;br&gt;Aisha Meertins&lt;br&gt;202-608-4734&lt;br&gt;<a href="mailto:ameertins@ccdc1.org">ameertins@ccdc1.org</a></td>
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<td>Child Adult Relationship Enhancement (CARE) Models: pgs 59 - 60</td>
<td>Developed by the Trauma Treatment Training Center (TTTC) and Cincinnati Children’s Hospital Medical Center</td>
<td>Lacey Thieken, Mayerson Center for Safe &amp; Healthy Children&lt;br&gt;Phone: 513.636.0042&lt;br&gt;Fax: 513.636.0204&lt;br&gt;Email: <a href="mailto:Lacey.Thieken@cchmc.org">Lacey.Thieken@cchmc.org</a></td>
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| **Child Development Community Policing Program (CD-CP)**                        | Developed by the Yale Child Study Center and the New Haven Department of Police Service | for Children Exposed to Violence: Steven R. Marans, Ph.D., Director, and Professor of Child Psychiatry and Psychiatry  
Phone: (203) 785-3377  
Email: steven.marans@yale.edu |
| Models: pgs 60 - 61                                                            |                                                   |                                                                                     |
| **Stewards of Children: Adults Protecting Children from Abuse**                 | Developed by Darkness To Light  
www.darknesstolight.org                                                                 | Pat Patrick, LISW  
843-954-5444  
ppatrick@d2l.org  
www.darknesstolight.org          |
| Models: pg 63                                                                  |                                                   |                                                                                     |
| **Trauma Informed Organizational Self Assessment**                             | Developed by the National Center on Family Homelessness (NCFH) | Kathleen Guarino, LMHC/ The National Center on Family Homelessness  
617-964-6841  
Kathleen.guarino@familyhomelessness.org  
www.familyhomelessness.org |
| Models: pgs 64 - 65                                                            |                                                   |                                                                                     |
| **Trauma Systems Therapy (TST)**                                               | Developed by Glenn Saxe et al                    | Glenn Saxe, Children’s Hospital  
Boston/Harvard Medical School  
617 919 4676  
Glenn.saxe@childrens.harvard.edu  
| Models: pgs 65 - 66                                                            |                                                   |                                                                                     |
| **Nurturing Program for Families in Substance Abuse Treatment and Recovery, 2nd edition** | Developed by the Institute for Health and Recovery | Terri Bogage  
617-661-3991  
family@healthrecovery.org  
www.healthrecovery.org  |
| Models: pg 67 - 68                                                            |                                                   |                                                                                     |
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<td>Developed by Marilyn Steele, Ph.D. in collaboration with Marilyn Marigna; Jerry Tello, and Ronald Johnson</td>
<td>Dr. Marilyn Steele, Ph.D. Parenting Across Cultures 323-936-0343 <a href="mailto:dr_mls@earthlink.net">dr_mls@earthlink.net</a>, <a href="http://www.parentingacrosscultures.com">www.parentingacrosscultures.com</a></td>
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<td>Circle of Security Models: pgs 42-43</td>
<td>Developed by TAMAR program with Maryland Department of Health and Mental Hygiene</td>
<td>Andrea Karfgin, PhD 410-974-8968 <a href="mailto:tamarinc@aol.com">tamarinc@aol.com</a></td>
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<td>Non-Traditional Parenting Interventions Pg 44</td>
<td>Community Connections DC</td>
<td>Aisha Meertins 202-608-4734 <a href="mailto:ameertins@ccdc1.org">ameertins@ccdc1.org</a></td>
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<td>Pathways to Family Reunification and Recovery Pg 45</td>
<td>Developed and conducted by the Boston Consortium of Services for Families in Recovery (BCSFR), Boston Public Health Commission and Institute on Urban Health Research at Northeastern University</td>
<td>Dr. Hortensia Amaro <a href="mailto:h.amaro@neu.edu">h.amaro@neu.edu</a> or Rita Nieves, R.N., M.P.H. <a href="mailto:Rita_Nieves@bphc.org">Rita_Nieves@bphc.org</a></td>
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<tr>
<td>Recovering Families Parenting Curriculum</td>
<td>SAMHSA Women Co-Occurring Disorders and Violence Study</td>
<td>Frances Hutchins <a href="mailto:fhutchins@sjgov.org">fhutchins@sjgov.org</a></td>
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| **Trauma and Triumph: Parenting Abused and Neglected Children**                 | Child Welfare Training Institute, Institute for Public Sector Innovation, Muskie School of Public Service | Leslie Rozeff  
207-626-5218  
Leslie.rozeff@maine.gov |
| **Alternatives for Families - A Cognitive-Behavioral Therapy (AF-)**            | Developed by David J. Kolko, Ph.D                                           | David J. Kolko, Ph.D.,  
kolkodj@upmc.edu |
| Models: pgs 72 - 74                                                             |                                                                              |                                                |
| **Child-Parent Psychotherapy (CPP)**                                           | Developed by Alicia F. Lieberman, Ph.D. and Patricia Van Horn, J.D., Ph.D    | Chandra Ghosh Ippen, Ph.D., Child Trauma Research Project  
415-206-5312  
chandra.ghosh@ucsf.edu |
| Models: pgs 74 - 75                                                             |                                                                              |                                                |
| **Combined Parent-Child Cognitive Behavioral Therapy: Empowering Families At-Risk for Physical Abuse to Develop Healthy Outlooks and Positive Environments** | Developed by Melissa K. Runyon, PhD, in collaboration with Esther Deblinger, PhD | Melissa K. Runyon, Ph.D., Associate Professor of Psychiatry  
runyonmk@umdnj.edu |
| Models: pgs 75 - 76                                                             |                                                                              |                                                |
617-661-3991  
terribogage@healthrecovery.org  
www.healthrecovery.org |
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<td>Parent-Child Interaction Therapy (PCIT) Models: pgs 77 - 79</td>
<td>Developed by Sheila Eyberg, PhD</td>
<td>Dr. Sheila Eyberg of the University of Florida (<a href="http://www.PCIT.org">www.PCIT.org</a>) and the University of California Davis CAARE Center (<a href="http://www.pcit.tv">www.pcit.tv</a>).</td>
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<td>Safety, Mentoring, Advocacy, Recovery, and Treatment (SMART) Models: pgs 79 - 80</td>
<td>Developed by team of clinicians at the Kennedy Krieger Institute Family Center</td>
<td>Betsy Offermann, LCSW-C 443-923-5907 <a href="mailto:Offermann@kennedykrieger.org">Offermann@kennedykrieger.org</a></td>
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<td>Trauma Focused Cognitive Behavioral Therapy (TF-CBT) for Children and Parents; Cognitive Behavioral Therapy for Childhood Traumatic Grief (CBT-CTG); Combined TF-CBT and Sertraline for Children Models: pgs 80 - 81</td>
<td>Developed by Judith A. Cohen, M.D., Anthony P. Mannarino, Ph.D, and Esther Deblinger, Ph.D</td>
<td><a href="http://www.modelprograms.samhsa.gov">www.modelprograms.samhsa.gov</a> Judith Cohen <a href="mailto:jcohen1@wpahs.org">jcohen1@wpahs.org</a></td>
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<td>Trauma Systems Therapy Models: pgs 81 - 82</td>
<td>Developed by Glenn Saxe M.D.</td>
<td>Glenn Saxe MD, Children’s Hospital Boston/Harvard Medical School 617 919 4676 <a href="mailto:Glenn.saxe@childrens.harvard.edu">Glenn.saxe@childrens.harvard.edu</a> Website TBD</td>
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<td>Assessment-Based Treatment for Traumatized Children: A Trauma Assessment Pathway Model (TAP Models: pgs 84 - 85</td>
<td>Developed by the Chadwick Center for Children &amp; Families at Rady Children’s Hospital in San Diego</td>
<td>Lisa Conradi, PsyD, NCTSN Project Manager (858) 576-1700 ext. 6008 <a href="mailto:lconradi@rchsd.org">lconradi@rchsd.org</a></td>
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<td>Developed by David J. Kolko, Ph.D., Judith A. Cohen, M.D., Anthony P. Mannarino, Ph.D, Esther Deblinger, Ph.D., and Elissa J. Brown, Ph.D.</td>
<td>Elissa J. Brown, Ph.D., Associate Professor of Psychology, 718-990-2355</td>
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<td>Culturally Modified Trauma-Focused Treatment (CM-TFT) Models: pages 87 - 88</td>
<td>Based on Trauma-Focused Cognitive Behavior Therapy (Cohen, Mannarino, &amp; Deblinger, 2006)</td>
<td>Michael de Arellano, Ph.D., National Crime Victims Research &amp; Treatment Center (843) 792-2945 <a href="mailto:dearelma@musc.edu">dearelma@musc.edu</a> <a href="http://www.musc.edu/ncvc">www.musc.edu/ncvc</a></td>
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<td>Group Intervention for Children of Mothers with Co-occurring Mental Health and Substance Abuse Disorders and Histories of Interpersonal Violence Models: pg 88</td>
<td>Developed by SAMHSA Women, Co-Occurring Disorders and Violence Children’s Subset Study.</td>
<td>for information on training and consultation, visit <a href="http://www.nationaltraumaconsortium.org">www.nationaltraumaconsortium.org</a></td>
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<td>Integrative Treatment of Complex Trauma (ITCT) for Children and Adolescents Models: pages 88 - 89</td>
<td>Developed by Cheryl Lanktree, Ph.D. and John Briere, Ph.D.</td>
<td>Cheryl Lanktree, Ph.D. <a href="mailto:clanktree@memorial.org">clanktree@memorial.org</a> or John Briere, Ph.D. 562 933-0590, <a href="http://www.johnbriere.com">www.johnbriere.com</a></td>
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<td>Love and Life: Trauma Recovery and Empowerment for Adolescent Girls and Young Women Ages 12-18 (G-TREM): A Clinician’s Guide for Working with Adolescent Girls in Groups Models: pg 90</td>
<td>Developed by Community Connections DC with Sasha Bruce Youthwork, Inc and District of Columbia’s Department of Mental Health School Mental Health Program</td>
<td>Aisha Meertins 202-608-4734 <a href="mailto:ameertins@ccdc1.org">ameertins@ccdc1.org</a></td>
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<td>Sanctuary Model for Children in Residential Settings Model: pgs 93 - 95</td>
<td>Developed by Sandra Bloom M.D.</td>
<td>Jeanne Rivard 703-739-9333 x146</td>
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<td><a href="mailto:jeanne.rivard@nri-inc.org">jeanne.rivard@nri-inc.org</a></td>
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<td><a href="http://www.andruschildren.org">www.andruschildren.org</a></td>
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<td>Seeking Safety Models: pgs 95 - 96</td>
<td>Developed by Lisa M. Najavits, Ph.D., at Harvard Medical/McLean Hospital</td>
<td>Lisa M. Najavits, Ph.D. 617-855-2305 (phone)</td>
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<td><a href="mailto:info@seekingsafety.org">info@seekingsafety.org</a></td>
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<td><a href="http://www.seekingsafety.org">www.seekingsafety.org</a></td>
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<td>Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) Models: pgs 96 - 97</td>
<td>Draws from Dialectical Behavior Therapy, Trauma Affect Regulation, and Trauma and Grief Component Therapy</td>
<td>Mandy Habib, Psy.D. Division of Trauma Psychiatry 516-562-3276 <a href="mailto:mhabib@nshs.edu">mhabib@nshs.edu</a></td>
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<td>Trauma Affect Regulation: Guide for Education and Treatment (TARGET©) Models: pgs 97 - 98</td>
<td>Developed by Julian Ford, Ph.D.</td>
<td>Judith Ford 860-751-9072 <a href="mailto:Judy@advancedtrauma.com">Judy@advancedtrauma.com</a></td>
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<td>Trauma and Grief Component Therapy (TGCT)</td>
<td>Developed by Christopher M. Layne, Ph.D., William R. Saltzman, Ph.D., and Robert S. Pynoos, M.D., M.P.H</td>
<td>Christopher Layne, Ph.D., UCLA - for Child Traumatic Stress (310) 235-2633, extension 223. <a href="mailto:cmlayne@mednet.ucla.edu">cmlayne@mednet.ucla.edu</a></td>
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<td>Developed by Stephanie S. Covington, Ph.D., L.C.S.W.</td>
<td>Stephanie S. Covington, Ph.D., L.C.S.W., 858-454-8528 <a href="mailto:sscird@aol.com">sscird@aol.com</a></td>
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<td>The Essence of Being Real: Relational Peer Support for Men and Women Who Have</td>
<td>Developed by Sidran and consumer advocates of the TAMAR Project, the MD WCDVS Study</td>
<td>Sidran Institute 410-825-8888 x 207, <a href="mailto:orders@sidran.org">orders@sidran.org</a> <a href="http://www.sidran.org/catalog/sige.html">www.sidran.org/catalog/sige.html</a></td>
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<td>Developed by the Boston Consortium of Services for Families in Recovery, Boston Public Health Commission, the Institute on Urban Health Research, Northeastern University and Dorrington, Saunders and Associates</td>
<td>Dr. Hortensia Amaro <a href="mailto:h.amaro@neu.edu">h.amaro@neu.edu</a> or Rita Nieves, R.N., M.P.H., <a href="mailto:Rita_Nieves@bphc.org">Rita_Nieves@bphc.org</a></td>
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<td>Addiction, Mental Illness, and Trauma,” Instituto de Entrenamiento para Mujeres</td>
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<td>Lideres en Recuperacion: Un curriculo educativo y grupal para mujeres en</td>
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<td>A Woman’s Way through the Twelve Steps</td>
<td>Developed by Stephanie S. Covington, Ph.D., L.C.S.W</td>
<td>Stephanie S. Covington, Ph.D., L.C.S.W., 858-454-8528 <a href="mailto:sscird@aol.com">sscird@aol.com</a></td>
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<td>Your Surviving Spirit: A Spiritual Workbook for Coping With Trauma Models pg 108</td>
<td>Developed by Dusty Miller, Ed.D</td>
<td>Dusty Miller 413-584-8404 413 203 1432 (h&amp;w) (413) 313 6317 (c) <a href="mailto:dustymi@aol.com">dustymi@aol.com</a> <a href="http://www.dustymiller.org">www.dustymiller.org</a></td>
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<td>New Partnerships for Women Psychoeducational Groups with Consumer Curriculum</td>
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<td><a href="mailto:npw@choiceonemail.com">npw@choiceonemail.com</a></td>
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<tr>
<td>Trauma- No More Secrets (film)</td>
<td>Connecticut Department of Mental Health and Addiction Services</td>
<td>Judith Ford <a href="mailto:Judith.Ford@po.state.ct.us">Judith.Ford@po.state.ct.us</a> 860-418-6732</td>
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<td>WELL Recovery Groups: <em>Model for Peer Led Self/Mutual Help Groups for Women with Substance Abuse and Mental Health Problems and Histories of Trauma</em></td>
<td>Institute for Health and Recovery</td>
<td>Laurie Markoff or Christine LaClair <a href="mailto:wellproject@healthrecovery.org">wellproject@healthrecovery.org</a> 617-661-3991. <a href="http://www.healthrecovery.org">www.healthrecovery.org</a></td>
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<td>Developed and conducted by the Boston Consortium of Services for Families in Recovery (BCSFR), Boston Public Health Commission and Institute on Urban Health Research at Northeastern University</td>
<td>Dr. Hortensia Amaro <a href="mailto:h.amaro@neu.edu">h.amaro@neu.edu</a> or Rita Nieves, R.N., M.P.H. <a href="mailto:Rita_Nieves@bphc.org">Rita_Nieves@bphc.org</a></td>
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<td>Dusty Miller, Ed.D</td>
<td>Dusty Miller 413-584-8404. <a href="http://www.dustymiller.org">www.dustymiller.org</a> <a href="mailto:dustymi@valinet.com">dustymi@valinet.com</a></td>
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