The California Professional Society on the Abuse of Children
Strengthening Practice Through Knowledge

THE CONSULTANT

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Treating Complex Trauma in Children and Adolescents: An Evidence-Based Integrative Approach

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When an individual has experienced multiple, severe forms of trauma, the psychological results are also often multiple and severe; a phenomenon often referred to as *complex posttraumatic disturbance*. Complex trauma usually involves a combination of early and late-onset, sometimes highly invasive traumatic events, usually of an ongoing, interpersonal nature, frequently including exposure to repetitive childhood sexual, physical, and/or psychological abuse, and often occurs in the context of neglectful or disengaged parenting. (https://www.nctsn.org/what-is-child-trauma/trauma-types/complex-trauma).

Complex trauma, especially as it presents in community clinics, schools, hospitals, residential treatment, juvenile justice, and short-term shelter contexts, is often complicated by adverse social circumstance. Social and economic deprivation -- as well as racism, sexism, homophobia, and homelessness -- not only produce their own negative effects on children and adults, they also increase the likelihood of trauma exposure (e.g., sexual and physical assaults by peers or gangs, community violence, "drive-by" shootings, etc.), and may intensify the effects of such victimization (Briere & Lanktree, 2012). Perhaps, especially of late, adverse social forces also contribute to trauma and loss associated with refugee or immigration status. Social marginalization also means that many traumatized children, adolescents, and their families have reduced access to appropriate mental health services.

Despite the prevalence of complex trauma in economically-deprived and socially marginalized youth, higher socioeconomic status children and adolescents are not necessarily protected from abuse and neglect, nor are more advantaged schools and social environments typically free of interpersonal violence. In fact, the presence of victimization and maltreatment at all socioeconomic levels and in all cultural and ethnic groups means that child abuse and neglect, peer assaults, discrimination, exploitation, and other forms of maltreatment are broadly prevalent in North America and elsewhere.

Because complex trauma is, in fact, complex, it is not surprising that such experiences are associated with a wide variety of psychosocial problems, ranging from anxiety, depression, attachment disturbance, eating disorder, dissociation, and posttraumatic stress, to avoidant

coping behaviors such as substance abuse, aggression, suicidality, deliberate self-injury, dissociation, and seemingly indiscriminate sexual activities (Cook et al., 2005; Ford & Courtois, 2013).

Unfortunately, although complex trauma and its effects are common and pervasive, there are relatively few empirically-informed treatments available for multiply-traumatized children and adolescents. This is partially due to the challenging nature of the problem -- the range of these impacts often requires a multimodal, multicomponent treatment strategy, and may require more sessions than are typically offered to those suffering from single traumatic events without concomitant relational factors. Treatment approaches that are limited to a single modality (e.g., exposure therapy, cognitive therapy, or psychiatric medication) can be insufficient -- especially if the intervention approach is not adapted to the specific experiences, psychological needs, and cultural matrix of the affected child or youth.

One example of an evidence-based approach to complex trauma in young people is *Integrative Treatment of Complex Trauma (ITCT),* which is available for children aged 6 to 12 years (ITCT-C; Lanktree and Briere, 2016) and adolescents aged 12-21 years (ITCT-A; Briere and Lanktree, 2013; 2012). In a naturalistic, non-comparison study of 151 culturally diverse, largely inner city children and adolescents with a wide range of traumas and losses, an average of 28 sessions of ITCT was associated with a mean symptom reduction of 41% across anxiety, depression, anger, posttraumatic stress, dissociation, and sexual concerns (Lanktree & Briere, 2013; Lanktree et al., 2012).

ITCT is structured and component-based, and interventions are customized according to the specific age, cultural background, history, symptoms, and problems of each given client. It does not assume that "one size fits all," but provides a specific, organized approach based on periodic assessments, using an Assessment-Treatment Flowchart. Components of ITCT, which vary according to client age and symptom or problem, include *relationship building and support, safety interventions, psychoeducation, emotional regulation training* (including breath training and mindfulness)*, relational/attachment processing, trigger management, cognitive processing, and titrated exposure.* Especially in ITCT-C, family and group therapy, as well as parent training and support groups are also employed when possible.

Research and dissemination of ITCT has been almost continually funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) since 2001, as part of the National Child Traumatic Stress Network (NCTSN; *www.nctsn.org)*. Currently, the University of Southern California Adolescent Trauma Training Center (USC-ATTC; *attc.usc.edu*) is a Treatment and Services Adaptation center of the NCTSN, charged with disseminating ITCT-A to centers and clinicians throughout the United States, with a specific focus on socially marginalized adolescents whose complex posttraumatic outcomes may also include substance abuse, suicidality, or self-injurious behavior. Trainings on ITCT-C are currently available from Dr. Lanktree, and training on ITCT-A can be accessed in a web-based module at *attc.usc.edu*, or for groups, arranged through the USC-ATTC training coordinator.

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And the Award goes to...

Jaclyn Chambers of UC Berkeley receives the Paul Crissey Graduate Student Research Award from CAPSAC

Congratulations to graduate student, Jaclyn Chambers, Ph.D. Candidate, University of California, Berkeley, winner of the CAPSAC Paul Crissey Award for Outstanding Graduate Student Research! Jaclyn was presented with the award, which included a grant of $750 and a one-year paid APSAC membership, by CAPSAC President Sue Hardie and the CAPSAC Board of Directors at the Joint Reception of CAPSAC, APSAC, AVA, NCAN, and ISPCAN held January 27, 2019 at the 34th Annual San Diego International Conference on Child and Family Maltreatment. Jaclyn presented a summary and poster of her research, "RED Teams: Evaluating an innovative team approach to child maltreatment decision-making", which examines an innovative practice for child welfare professionals involved in front end decision-making, at the well-attended reception. The event marked the 20th year CAPSAC has given this award. Please watch for the study summary to be published in the Spring 2019 issue of *The Consultant.*

Susan Hardie (L) and Toni Johnson (R) present Crissey Award to Jaclyn Chambers (C)

Call for Applications for the…

Paul Crissey Graduate Student Research Grant

to be awarded January 2020 by CAPSAC

The California Professional Society on the Abuse of Children (CAPSAC) annually awards a grant of **$750** for outstanding research by a graduate student (up to one-year post MA/Ph.D. degree) in the field of child maltreatment. The recipient will also receive a one-year membership to APSAC (American Professional Society on the Abuse of Children) and CAPSAC.

The American Professional Society on the Abuse of Children (apsac.org), founded in 1987, is a nonprofit national organization focused on meeting the needs of professionals engaged in all aspects of services for maltreated children and their families. Especially important to APSAC is the dissemination of state-of-the-art practice in all professional disciplines related to child abuse and neglect.

CAPSAC aims to provide additional support to California professionals working in the field of child abuse through training, consultation, advocacy and networking.

Applicants must:

1. Be a graduate student within one year (before or after) of completion of a Master's or Doctorate degree from an accredited California educational program;

2. Submit a one thousand word summary of the research in progress or completed study in the field of child maltreatment. The study title should be on the first page of the summary. Identifying information (name, address, telephone number, title of study and academic institution) should be sent in a separate file that will not be sent to the reviewers;

3. Submit one or two letters of recommendation from faculty members or academic readers who are familiar with your research;

4. Be available to receive the award and present a poster of the study at the CAPSAC reception at the 2020 San Diego International Conference on Child and Family

5. Maltreatment. Travel expenses will be paid not to exceed $300.00. Alternatively, be available to receive the award and present an overview of the study at a CAPSAC meeting or a CAPSAC training event in 2020.

6. Agree to the publication of the submitted summary in the CAPSAC newsletter, *The Consultant*.

Deadline: All materials must be received by **November 1, 2019.**

Send submissions to:

CAPSAC Research Award Committee, c/o Toni Cavanagh Johnson, Ph.D. at toni@tcavjohn.com

If you have any questions, contact Research Award Committee Chair: Toni Cavanagh Johnson, Ph.D. at toni@tcavjohn.com/ +1(626) 817-2142.

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Register Today for our 26th Colloquium
Join APSAC in Salt Lake City this Summer!

Salt Lake City, Utah | June 18-22, 2019

APSAC's 26th Colloquium will bring high-quality learning opportunities to child maltreatment researchers and practitioners across experience levels and professions. Sessions have been designated as beginning, intermediate, or advanced level content. Sessions will be designed for professionals in mental health, social work, medicine and nursing, law, education, law enforcement, prevention, research, advocacy, child protective service, and allied fields.

Interested in sponsoring APSAC's 26th Colloquium? Check out our **exhibitor and sponsor opportunities** and **register as a sponsor**. For more information about the 2019 Colloquium, contact **Jim Campbell**.

Visit apsac.org to register.

FREE WEBINAR!

Munchausen by Proxy: Guidelines for Identification and Intervention
Presented by Beatrice Yorker, JD, RN, MS, FAAN

Tuesday, March 26, 2019
10:00 - 11:30am PST

Course Overview
This interactive webinar will examine Munchausen by Proxy Syndrome, known by many names including Medical Child Abuse. This disorder has come under scrutiny in recent years, but it is important that service providers consider it in certain cases. Beatrice Yorker is a nationally known expert MBP/MCA, and she will provide national practice and management guidelines. She will answer all your questions and provide guidance for handling confusing or difficult cases.

By the end of this webinar, participants will be able to:
Identify the warning signs of exaggerated, fabricated, or induced conditions in children
Explain evaluation, reporting, and evidence collection strategies
Utilize resources for best practice

Topics to be covered:
Definition and Terminology
Warning Signs
Epidemiology
Reporting Suspected Abuse
Appropriate Documentation
Case Management and Treatment
Support for the family
Where to go with Vexing Cases

Registration:

The CATTA Project uses Zoom for its webinar events. You can copy and paste this link in your browser:

http://cirinc.org/events/training/webinar-guymon/

***NOTE: At press time, this Webinar was full, but may still be available for future viewing.**

Co-sponsored by CAPSAC (California - American Professional Society on the Abuse of Children) Taskforce

Beatrice Yorker, JD, RN, MS, FAAN is a Professor of Nursing, Criminal Justice, and Criminalistics at California State University, Los Angeles. She is a child psychiatric nurse and an attorney who has published on Munchausen by Proxy child abuse.

For more information, questions, or concerns, please contact Kelly Flugum at (707) 992-0834 or kelly.flugum@cirinc.org or visit www.cattacenter.org

CAPSAC THE CONSULTANT Winter 2019

CATTA
Child Abuse Training and Technical Assistance Center
working with communities to prevent child abuse

Produced by the Center for Innovation and Resources, Inc. (CIR) with funding from the California Governor's Office of Emergency Services (CalOES), Victim Services Branch with funding made possible through the United States Department of Justice, Victims of Crime Act, 2015-VA-GX-0058.

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News from APSAC…

APSAC Executive Director Discusses CSA Prevention on The Today Show Online

APSAC Executive Director Dr. Janet Rosenzweig was interviewed in early March by The Today Show On-Line about preventing sexual abuse, as a response to the HBO documentary "Leaving Neverland".

APSAC is named and there is a link to our website front and center in this story. The Today Show On-Line parenting page gets more than 14,000 page views daily.

Here's the story:
https://www.today.com/parents/ 7-ways-parents-can-protect- kids-child-sexual-abuse- t150029

I hope you all get a chance to visit and read the link.

SH

P.S. Do you have news to share with your colleagues about your work, publications, upcoming events or media contacts? If so, please email me – suehardie@aol.com - with the details and we'll get it into the next issue of *The Consultant.*

Upcoming CAPSAC Collaborations for Child Abuse Prevention Month…

SPEAK OUT!

CONFRONTING THE CULTURE OF CHILD SEXUAL ABUSE AND SECRECY

37th Annual

Child Abuse Prevention Council Symposium

Friday, April 12, 2019
Villa Ragusa, Downtown Campbell

Jordyn Wieber, Olympic Gymnast and child sexual abuse survivor, to speak at the Symposium!

In January 2018, Olympic Gymnast and Gold Medalist, **Jordyn Wieber**, came forward as a survivor of sexual abuse by former USA Gymnastics team doctor Larry Nassar, one of the most prolific sexual abusers in recorded history. Now an Assistant Coach at UCLA Gymnastics, Jordyn Wieber is fighting to make gymnastics a safe sport again for young girls. Join us at the Symposium to hear Coach Wieber's story.

7:45 a.m. - 8:30 a.m. Registration and Continental Breakfast

8:30 a.m. - 8:40 a.m. Introductory Remarks by Symposium Committee Chairperson, James Gibbons-Shapiro and Child Abuse Prevention Council Chairperson, Stacy Castle

8:40 a.m. - 9:55 a.m. Keynote by Victor Vieth, JD, MA Director of Education and Research of the Zero Abuse Project Institutional Abuse: Understanding and Responding to Child Abuse within Faith Communities, Sports, Youth Serving Organizations, and Universities

9:55 a.m. - 10:15 a.m. Impacts of Child Sexual Abuse: San Jose Police Lt. Jason Herr

10:15 a.m. - 10:45 a.m. Networking Break and Resource Tables

10:45 a.m. - 12:00 p.m. Susan Moan Hardie, RN, Ph.D., Member of the Board of the American Professional Society on the Abuse of Children (APSAC) and the President of CAPSAC, the California chapter of APSAC. The Child Sexual Abuse Accommodation Syndrome: Why It's Still Relevant

12:00 p.m - 12:30 p.m. Lunch Break, Networking and Resource Tables

12:30 p.m. - 12:50 p.m. Award Presentations and Proclamation of Child Abuse Prevention Month

12:55 p.m. - 1:55 p.m. Afternoon Keynote by Jordyn Wieber, Olympic Gymnast and Abuse Survivor
In January 2018, Olympic Gymnast and Gold Medalist, Jordyn Wieber, came forward as a survivor of sexual abuse by former USA Gymnastics team doctor Larry Nassar, one of the most prolific sexual abusers in recorded history. Jordyn Wieber is now fighting to make gymnastics a safe sport again for young girls.

2:05 p.m. - 3:20 p.m. East Gallery
Workshop A1: In the Hall with a Perpetrator: Sexual Assault in Juvenile Detention Then and Now
James Gibbons-Shapiro, Assistant District Attorney, Santa Clara County
Nick Birchard, Deputy Chief Probation Officer, Santa Clara County Probation Department Glenn McMillon, Former Santa Clara County Probation Officer

2:05 p.m. - 3:20 p.m. West Gallery

Workshop A2: Complex Trauma and Considerations for Treatment Julie Robbins, MSW, LCSW, Secretary of CAPSAC

3:30 p.m. - 4:45 p.m. East Gallery

Workshop B1: Building our Children's Future: Creating a Child Advocacy Center for Santa Clara County James Gibbons-Shapiro, Assistant District Attorney
Erin Harper, Executive Director, CALICO, Child Abuse, Listening, Interviewing, and Coordination Center Karen Meredith Chair of the Advisory Committee of the Children's Advocacy Centers of California Marlene Sturm, MD, Medical Director, Center for Child Protection, Santa Clara Valley Medical Center Moderated by Lydia Harris, Ph.D, J.D, CAPC Symposium Committee Member

3:30 p.m. - 4:45 p.m. West Gallery

Workshop B2: Child Sexual Abuse: A Risk Factor for Sex Trafficking and Justice System Involvement
Elisa Carias, JD, Supervising Probation Officer Santa Clara County, CAPSAC Board Member Erica Elliott, MSW, Sexual Assault and Prevention Program Manager, Community Solutions

Continuing Education Units (CEUS)

- Santa Clara County Social Services Agency (SSA) is approved by the CA Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPPCs, and/or LEPs. Santa Clara County SSA maintains responsibility for this program/course and its content. This conference meets the qualifications for 5 hours of continuing education for LMFTs, LCSWs, LPCCs and/or LEPs, as required by the CA Board of Behavioral Sciences. The CA Association of Marriage and Family Therapists is the BBS recognized approval agency—Provider # 60165.
- Attorneys will receive 5 hours of MCLE credit for attending the Symposium.
- Provider approved by the California Board of Registered Nursing, Provider Number CEP 2056 for 5.5 Contact Hours - Santa Clara Valley Medical Center Nursing Department

The Symposium is presented by the Child Abuse Prevention Council (CAPC) of Santa Clara County and co-sponsored by the California Professional Society on the Abuse of Children (CAPSAC).
Learn more about the CAPC at www.capcscc.org.

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