

Center for Innovative Practices

Resiliency Tool Kit: Resource #8

RESILIENCY AND TRAUMA INTERVENTION RESOURCES

Compiled by Bobbi Beale, Psy.D.

Trauma Treatment:

Treating Traumatic Stress in Children and Adolescents (2010) Blaustein & Kinniburgh

This book is based on Dr. Blaustein's research around the ARC model of trauma treatment, and provides just enough introduction to the model in the first section of the book to help you understand why we need to apply interventions, for both the youth and the caretakers, that support the developmental building blocks for attachment, self-regulation and competencies. As a bonus, every section of interventions ends with developmental concerns and adaptations for application with individuals or groups, as well as comments about "real world" therapy.

Family Therapy:

Power of Family (2015) Lung, Stauffer, Alvarez, & Conway

An excellent source for experiential therapy interventions for the entire family. Super engaging and fun, but completely designed to hit your treatment objectives with less resistance and more active participation.

Individual Therapy:

Power of One (2008) Lung, Stauffer, & Alvarez

Same authors as the Family book listed above, but translates the activities for work with individuals. Most interventions could be applied with the caretaker or the youth, depending on need and objectives.

Group Therapy with Youth:

Stepping Stones (2009) Aubry (Ed)

Typically used as a group therapy or milieu intervention book, this is loaded with interactive interventions that help to establish safe, supportive subsystems, whether it's a group, a classroom, or a family.

Regulation:

The Zones of Regulation (2011) Kuypers

An excellent resource to help youth understand their emotions, how they drive our behaviors and how we can develop a toolkit of individualized strategies to help them maintain their own control over emotions and behaviors. The book comes with a CD of printable worksheets and activities. If you use Pinterest, they have lots of additional ideas about applying these concepts.

Mindfulness:

Brainstorm: The power and purpose of the teenage brain (2015) Siegel

So much of the trauma that we're treating goes back to attachment issues. Siegel provides an excellent clinical review of attachment, and includes lots of stories and examples of how poor attachment manifests in families. Then he offers well-articulated mindfulness interventions, tailored to the sort of problems that are exhibited.

Parent-child negotiation:

Treating Explosive Kids: The collaborative problem-solving approach (2006) Greene & Ablon

An excellent resource for families with lots of conflict between caretakers and youth. It's quite prescriptive, but offers a clear negotiation process to engage both sides and resolve issues quickly.

Planning and goal setting:

Motivational Interviewing with Adolescents and Young Adults (2011) Naar-King & Suarez

Just can't go wrong with MI. The book is good, but best if it is used by someone with the basic MI training.

Dialectical Behavior Therapy (DBT):

DBT Skills Manual for Adolescents (2014) Rathus & Miller

DBT skills can be highly effective with many IGBT adolescents who struggle with personal relationships and self-control. Again, this is a great resource for providers who have some DBT training already, and need to better understand how to adapt the interventions to our adolescent population.

Psychoeducation:

The Whole-Brain Child (2012) Siegel & Bryson

Although this is not technically a "trauma" book, it does such an excellent job of explaining how our brains are developed, why our children seem so unreasonable at times, and how adults should respond to support brain growth and maturity. Includes cartoons to explain concepts to families and strategies to improve communication and relationships.

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