



Trauma-Specific Interventions in Substance Abuse Treatment



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Prototypes

CENTERS FOR INNOVATION IN
HEALTH, MENTAL HEALTH AND SOCIAL SERVICES

Major Paradigm Shifts

- Substance abuse treatment establishes women and children's programs and adopts gender-sensitive programming
- Mental health adopts a recovery perspective
- Trauma moves into foreground and becomes a unifying and central concept for both fields



Stages of Trauma Recovery

Treatment Aims

- Stage One: ESTABLISHING SAFETY
 - Securing safety
 - Stabilizing symptoms
 - Fostering self-care
- Stage Two: REMEMBRANCE & MOURNING
 - Reconstructing the trauma
 - Transforming traumatic memory
- Stage Three: RECONNECTION
 - Reconciliation with self
 - Reconnection with others
 - Resolving the trauma

Judith L. Herman, 1992



Trauma-Specific Interventions

- Services designed specifically to address violence, trauma, and related symptoms and reactions.
- The intent of the activities is to increase skills and strategies that allow survivors to manage their symptoms and reactions with minimal disruption to their daily obligations and to their quality of life, and eventually to reduce or eliminate debilitating symptoms and to prevent further traumatization and violence.



Providing Trauma-Specific Services

- Stage One
 - Trauma groups for education, skill-building, support, and connection
- Stage Two
 - Individual counseling



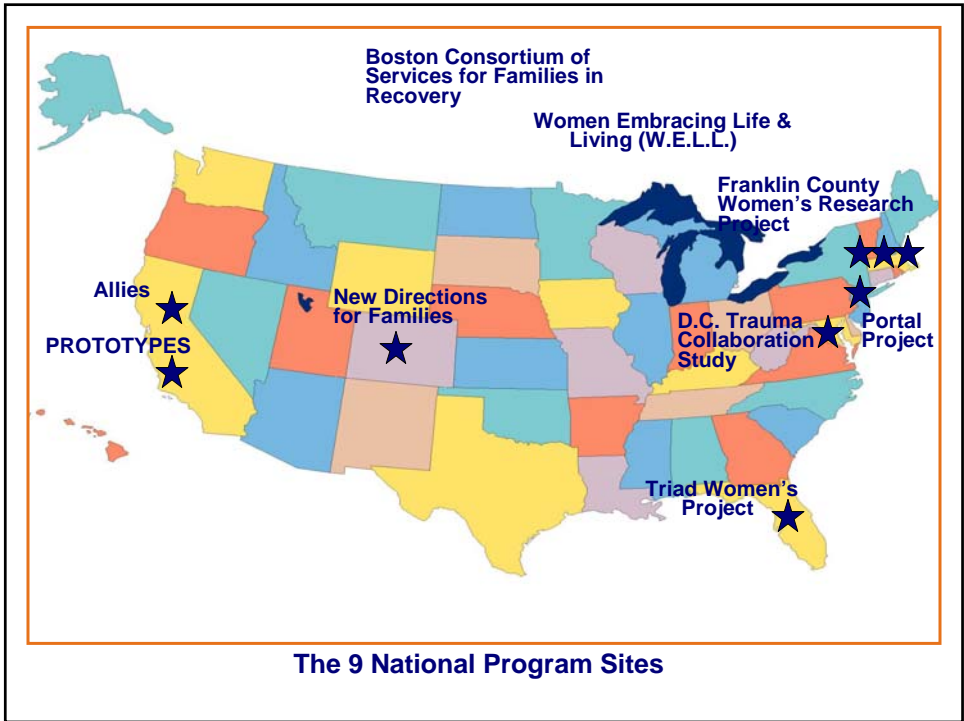
Common Features

- Stage One
 - Cognitive-behavioral
 - Teach coping skills
 - Group curricula, but could be utilized in individual sessions
 - Can be co-facilitated by a professional and a peer





SAMHSA's Women with Co-Occurring Disorders and Violence Study (WCDVS)



Trauma-Specific Curricula

Utilized in WCDVS

- Maxine Harris – Trauma Recovery & Empowerment (*TREM*)
- Lisa Najavits – *Seeking Safety*
- Dusty Miller – Addiction & Trauma Recovery Integration Model (*ATRIUM*)
- Clark & Fearday – *TRIAD*



Other Models Utilized in Substance Abuse Treatment

- Stephanie Covington – Helping Women Recover & Beyond Trauma
- Julian Ford – Trauma Adaptive Recovery Group Education & Therapy for Persons in Recovery from Addiction (*TARGET-AR*)



Seeking Safety

Najavits, L.M. (2002). *Seeking Safety: A treatment manual for PTSD and substance abuse*. New York: Guilford Press.

- Present-focused therapy promoting safety and recovery
- Cognitive-behavioral skill building
- Interpersonal skill-building
- Accessing other community supports



Seeking Safety

- 25 topics, including safety, when substances control you, grounding
- Session format:
 - Check in
 - Quotation
 - Relating topic to women's lives
 - Closing
- 80 safe coping skills



Outcomes

- *Seeking Safety* has been used in 7 studies, all with positive results. Improvements have been found in substance use, trauma symptoms, and other measures. The studies were:
 - Outpatient women using group modality
 - Women in prison using group modality
 - Low income, mostly minority women, in individual format
 - Adolescent girls in individual format
 - Outpatient men traumatized as children
 - Women in a community mental health setting in group format
 - Men and women veterans in group format



ATRIUM

Addiction & Trauma Recovery Integrated Model

Miller, D. & Guidry, L. (2001). *Addictions and Trauma Recovery: Healing the body, mind, and spirit*. New York: WW. Norton & Co.

- Based on both cognitive-behavioral and relational theories
- Addresses mental, physical & spiritual health
- Blend of psychoeducational, process, and expressive activities



ATRIUM

Addiction & Trauma Recovery Integrated Model

- 12 sessions, including self-harm, relationship changes, spiritual disconnections
- Skills-building for self-care, self-soothing, self-expression
- Creating a sacred connection to the world beyond the self



TRIAD

Clark, C. & Fearday, F. (Eds.) (2003). *Triad women's project: Group facilitator's manual*. Tampa, FL: Louis de la Parte Florida Mental Health Institute, University of South Florida.

- Cognitive-behavioral
- Designed for women with substance abuse, mental illness, and trauma
- Promotes survival, recovery & empowerment



TRIAD

- 16 sessions, divided into 4 phases:
 - Mindfulness
 - Interpersonal effectiveness skills
 - Emotional regulation
 - Distress tolerance
- Women can join at beginning of any phase
- Has been modified for use in jails



TREM

Trauma Recovery and Empowerment

Harris, M. & The Community Connections Trauma Work Group (1998). *Trauma Recovery and Empowerment: A clinician's guide for working with women in groups*. NY: Free Press.

- Current problematic behaviors and symptoms may have originated as legitimate and courageous attempts to cope with or defend against trauma
- Cognitive-behavioral and skills training approaches



TREM

Trauma Recovery and Empowerment

- 33 topics, divided into four categories:
 - Empowerment (11 sessions)
 - Trauma Recovery (10 sessions)
 - Advanced Trauma Recovery Issues (9 sessions)
 - Closing Rituals (3 sessions)



Helping Women Recover

Covington, S.S. (1999). *Helping Women Recover: A program for treating addiction*. San Francisco: Jossey-Bass.

- Based on relational and cognitive-behavioral theories
- Integrates expressive arts



Helping Women Recover

- 17 sessions, divided into four modules:
 - Self
 - Relationships
 - Sexuality
 - Spirituality
- Accompanying journal



TARGET-AR

Trauma Adaptive Recovery Group Education and Therapy for Persons in Addiction Recovery

Ford, J.D., Mahoney, K., Russo, E., Kasimer, N., & MacDonald, M. (2003). *Trauma Adaptive Recovery Group Education and Therapy (TARGET): Revised composite 9 session leader and participant guide*. Farmington, CT: University of Connecticut Health Center.

- Cognitive-behavioral
- Present-focused
- Systematic skills training
- Designed to be brief treatment



Choosing a Curriculum

- Research, evaluation studies
- Program values and treatment philosophy
- Curriculum length and format
- Group facilitator's expertise
- Adaptations for specific populations
- Cost, training, setting



Assessing Culture and Fit

- Assess the “Best Fit” in terms of
 - Population – age, gender, culture
 - Intervention Goals
 - Values
- Connect with the developer/your peers
 - Knowledge of “core components”
 - Experience with implementation
- Understand “core components”
 - What is the “theory”
- If core components are not a “fit” then reconsider your choice



Integrating the Curriculum into Substance Abuse Treatment

- Cultural adaptations
- Beginning trauma-specific groups early in treatment
- Training for staff and supervisors
- Pilot-testing the curriculum
- Ongoing supervision and support for the new practice
- Monitoring of fidelity

