



## Trauma Therapy Program Description

Trauma Therapy is designed to assist kids with treatment goals related to childhood trauma or complex trauma. Additionally, treatment works to improve the client's sense of safety and emotional regulation through a Trauma centered curriculum. The agency can provide but not limited to the following therapy modalities:

### Simple Trauma Interventions:

- TF-CBT
- EMDR
- CPT
- Forward Facing
- Seeking Safety
- Animal Assisted Therapy AAT-C

### Complex Trauma:

- Adaptive Intervention Model (AIM) – see below

Sessions strengthen individual and family functioning, improve coping skills, and increase pro-social behavior and problem-solving abilities to achieve increased self-sufficiency. Specific intervention techniques are integrated with the client's needs, strengths and cultural perspective. The frequency and duration of the counseling sessions is determined by the Evidence Based Protocol or in collaboration with the client and external team if one is not mandated.

### Eligibility:

- 6-17 years old
- Enrolled in one of the following health plans: Health Choice, Banner University, UHC, Molina, Mercy Care ACC and Mercy Care CHP
- Is not in need of detoxification or experiencing active substance addiction requiring medical intervention
- Is able to benefit from the treatment modalities offered by the clinical staff members of the program
- Is not considered to be an active danger to self or others requiring a higher level of care
- Is appropriate for the level of intervention provided

### Program Goals:

- Reduce children's negative emotional and behavioral responses to the trauma and/or mental health symptomology
- Correct unhelpful beliefs and attributions
- Decrease emotional dysregulation and traumatic symptomology
- Provide support and skills to help parents and/or care givers cope effectively with their own emotional distress
- Provide parents/caregivers with skills to respond optimally to and support their children

### Adaptive Intervention Model (AIM)

AIM specializes in childhood complex trauma. We serve children (ages 6 to 18) via individual, family, and group interventions. Therapists specialize in trauma-based treatment with enhanced emphasis on coordination with the CFT team for improved outcomes.

AIM uses a salutogenic approach. We recognize that often one approach cannot meet the complex needs of this population and the importance of interoception. We believe a mind body intervention encourages regulation while supporting concepts of safety, trust, intimacy, healthy power/control and esteem via evidenced based treatment interventions.

We use a variety of therapeutic interventions to adapt to the client's current clinical presentation. These interventions include but are not limited to: CBT, TF-CBT, Motivational Interviewing, Directive and Non-Directive Play Therapy, Sand Tray, EMDR, Art therapy, DBT skills, STARS, Animal Assisted Therapy, Seeking Safety, Cognitive Processing Therapy (CPT) and Somatic Based Interventions.

Sessions strengthen individual and family functioning, improve coping skills, and increase pro-social behavior and problem- solving abilities to achieve increased self-sufficiency. Specific intervention techniques are integrated with the client's needs, strengths and cultural perspective. The frequency and duration of individual counseling sessions is based on clinical need and determined in collaboration with the client and external team as appropriate.

#### Eligibility:

- 6-17 years old
- Enrolled in one of the following health plans: Health Choice, Banner University, Molina Mercy Care ACC and Mercy Care CHP
- Is not in need of detoxification or experiencing active substance addiction requiring medical intervention
- Is able to benefit from the treatment modalities offered by the clinical staff members of the program
- Is not considered to be an active danger to self or others requiring a higher level of care
- Is appropriate for the level of intervention provided and does not actively reside in a therapeutic group home

#### Program Goals:

- Reduce children's negative emotional and behavioral responses to the trauma and/or mental health symptomology
- Correct unhelpful beliefs and attributions

- Decrease emotional dysregulation and traumatic symptomology
- Provide support and skills to help parents and/or care givers cope effectively with their own emotional distress
- Provide parents/caregivers with skills to respond optimally to and support their children