



THE HACKETT CENTER

FOR MENTAL HEALTH

TRAUMA AND GRIEF CENTER

Trama and Grief (TAG) Center at The Hackett Center for Mental Health

A Treatment and Services Adaptation Center of the National Child Traumatic Stress Network

TAG Center Training Options:

Brief workshops/presentations

Topics can include the following:

- Trauma- and bereavement-informed assessment and interventions
- Trauma- and bereavement-informed organizations and schools
- Trauma and bereavement in response to natural disasters
- Trauma and bereavement in reponse to school shootings
- Berevement and grief in children and families
- Adaptive grief in children
- The spiritual lives of grieving children
- Suicide assessment and prevention
- Special considerations for working with immigrant populations
- Vicarious trauma, compassion fatigue, secondary traumatic stress, and self-care

Trauma and Grief Component Therapy for Adolescents (TGCTA)

- TGCTA¹ is an evidence-based, assessment-driven treatment for adolescents ages 12 to 19 who have been exposed to trauma, bereavement, traumatic bereavement, or other life adversities, placing them at high risk for severe and persistent distress, functional impairment, and developmental disruption.
- Originally designed for small group settings, TGCTA can also be used effectively in individual treatment. TGCTA is guided by a developmental psychopathology model of childhood traumatic stress², multidimensional grief theory³, and a strength-based, wellness-oriented conceptual framework.
- TGCTA has been implemented in schools, mental health clinics, and juvenile justice sites across the U.S. and abroad, and has shown effectiveness in reducing posttraumatic stress reactions, maladaptive grief reactions, depression, school problems, and disruptive behavior. Positive outcomes include improved emotional and behavioral functioning, GPA, peer relations, and school interest.
- Training is intended for Master's level professionals (school clinicians, professional counselors, social workers, marriage and family therapists, psychologists, etc.).

- Once trained, free, ongoing supervision from a licensed TAG clinician will be provided.
- For more information regarding TGCTA and effectiveness studies, please visit https://www.nctsn.org/sites/default/files/interventions/tgcta_fact_sheet.pdf.

Training Options

This 2-day training in TGCTA focuses on (a) the modular, flexibly tailored structure, (b) primary intervention objectives and practice elements for each module, and (c) hands-on experiential exercises to strengthen key skills needed to implement each module. The training also focuses on and incorporates foundational trauma- and bereavement-informed assessment skills information.

Core Curriculum on Childhood Trauma (CCCT)

- The Core Curriculum on Childhood Trauma (CCCT) is a tool developed by the National Child Traumatic Stress Network to promote a trauma-informed mental health workforce.
- The CCCT is specifically designed to strengthen clinical knowledge and clinical reasoning skills while encouraging the integration of cultural, developmental, strength-based, and systems perspectives when working with trauma-exposed youth and families.
- The CCCT is considered the “gold standard” for training professionals who work with traumatized youth in the identification of trauma and posttraumatic stress in children, trauma-informed case formulation and clinical reasoning skills, as well as how the effects of trauma can manifest in youth of different ages, genders, and ethnocultural backgrounds.

Training Options

Training in the CCCT can be tailored according to the needs of different settings. For example, the CCCT can be provided as a full, one-day training or as a reduced 3-hour training. CCCT has also been offered in schools of social work, medical schools, and psychiatry residency programs as a year-long course.

Trauma- and Bereavement-Informed Assessment Competency Training

Many clinicians have never received training to clinically assess traumatized and/or bereaved youth. As a result, clinicians and counselors may find it useful to learn how to use a standardized assessment battery. For this reason, we have created a course that incorporates training in foundational trauma- and bereavement-informed assessment skills. This training covers such topics as:

- core concepts for assessing bereaved youth
- developmental differences in youth’s grief reactions
- multidimensional grief theory
- the interplay of trauma and bereavement

- differentiating between posttraumatic stress reactions and grief reactions
- using assessment data to guide case conceptualization and treatment planning with traumatized and grieving youth
- logistical considerations for trauma- and bereavement-informed assessment

Training Options

We offer our Trauma- and Bereavement-Informed Assessment Competency Training in two forms: Beginner and Advanced. The Beginner level is a 1-day training that provides much of the foundational content described above. The Advanced level is a 2-day training that covers topics in greater detail, giving special attention to case formulation, treatment planning, and clinical reasoning skills with trauma- and bereavement-related cases.

For additional information and/or to schedule a training, please contact:

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- Julie Kaplow, Ph.D., A.B.P.P., Executive Director, The Trauma and Grief Center at The Hackett Center for Mental Health, (734) 355-9227, jkaplow@mmhpi.org.

The Trauma and Grief (TAG) Center at The Hackett Center for Mental Health raises the standard of care and increases access to best practice care among youth who have experienced trauma and bereavement.

The Hackett Center for Mental Health in Houston serves as the first Regional Center of the Meadows Mental Health Policy Institute (MMHPI). Through the generosity of the Maureen and Jim Hackett Family, The Hackett Center was established to transform systems and influence policy through unprecedented collaboration and has focused significant efforts to develop best practice mental health care in the aftermath of disasters, particularly with regard to children's mental health, including trauma and grief. More information is available at:

www.thehackettcenter.org.

¹ Saltzman, W., Layne, C., Pynoos, R., Olafson, E., Kaplow, J., & Boat, B. (2017). Introduction: What is Trauma and Grief Component Therapy for Adolescents (TGCTA)? In *Trauma and Grief Component Therapy for Adolescents: A Modular Approach to Treating Traumatized and Bereaved Youth* (pp. 1-12). Cambridge: Cambridge University Press.

² Pynoos, R.S. (1994) Traumatic stress and developmental psychopathology in children and adolescents. In R.S. Pynoos (Ed.), *Posttraumatic stress disorder: A clinical review* (pp. 65-98). The Sidran Press.

³ Kaplow, J.B., Layne, C.M., Saltzan, W.R., Cozza, S.J., & Pynoos, R.S. (2013). Using Multidimensional Grief Theory to explore effects of deployment, reintegration, and death on military youth and families. *Clinical Child and Family Psychology Review*, 16, 322-340.