# TREATING COMPLEX TRAUMA in Children and Their Families

An Integrative Approach

书馆

heryl B. Lanktree • John N. Briere

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## An Integrative Approach

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# TREATING COMPLEX TRAUMA
## in Children and Their Families

*This book is dedicated to Roy and Beryl Lanktree, Adelle Briere, and William N. Friedrich.*

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# 1

# Introduction

*Integrative Treatment of Complex Trauma for Children* (ITCT-C) is an evidence-based, component-driven model that integrates a variety of theoretical and clinical approaches to the treatment of complex trauma in children. Development and evaluation of this therapy was supported by the Substance Abuse Mental Health Services Administration, through its funding of the Miller Children's Abuse and Violence Intervention Center (MCAVIC) from 2001–2005 and the MCAVIC-University of Southern California (MCAVIC-USC) Child and Adolescent Trauma Program from 2005–2009.

Although ITCT-C was originally designed for the treatment of multiply traumatized children aged 8 to 12 years, this book also includes interventions that can be adapted for children ages 5 to 7 years. There is also an adolescent version of ITCT, Integrative Treatment of Complex Trauma for Adolescents (ITCT-A), for youth aged 12–21, which is described in its associated treatment guide (Briere & Lanktree, 2013) and a separate volume (Briere & Lanktree, 2012).

ITCT-C has been empirically evaluated (Lanktree et al., 2012) and has been expanded considerably since the original treatment guide was released in 2008. This book incorporates extensive feedback from clinicians and workshop participants over the past five years, to whom the authors owe a debt of gratitude.

Because this is a comprehensive treatment model, its effectiveness is enhanced by the therapist's knowledge, skill, and openness to the client, and his or her actual enjoyment of the therapy process. Although specific interventions and activities are described, this is not a how-to manual, nor is it



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