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Trauma Systems Therapy for Children and Teens, Second Edition

By Glenn N. Saxe MD, B. Heidi Ellis PhD, Adam D. Brown Ph.D.



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This highly practical book has helped thousands of clinicians make the most of limited resources to support children and families struggling with chronic, multiple adversities. Trauma systems therapy (TST) is grounded in cutting-edge research on traumatic stress and child development. It provides a roadmap for integrating individualized treatment with services at the home, school, and community levels. Effective assessment and intervention strategies are accompanied by vivid case material and reproducible worksheets and forms. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. (First edition title: *Collaborative Treatment of Traumatized Children and Teens*.)

New to This Edition

- *Restructured to reflect significant conceptual and clinical advances.
- *Even more clinician friendly: increased emphasis on practical aspects of assessment and treatment.
- *Chapter on organizational planning.
- *Chapters on TST innovations, including applications for diverse trauma populations and for problems other than trauma.
- *More reproducible clinical tools--now downloadable.



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Editorial Review

Review

"A marvelous, practical, integrative guide for all those who work to help traumatized kids. Based on a thorough understanding of the underlying biological, social, and attachment issues, this book confronts the realities of children's and families' lives and the awesome obstacles that providers face. TST offers a comprehensive way to deliver effective services and reorganize often-broken systems of care. This approach not only will facilitate healing, but also will help prevent practitioner burnout and the wasteful use of resources. I love the energy behind this work!"--Bessel A. van der Kolk, MD, Medical Director, The Trauma Center at Justice Resource Institute; Professor of Psychiatry, Boston University School of Medicine

"The second edition of this important book reflects the essence of what it takes to provide excellent trauma treatment. Everything in this volume makes complete sense, especially with regard to understanding and assessing the traumatized child's survival-in-the-moment states. Recommendations for planning treatment and integrating services are clear and concise. Readers will find this a valuable resource for developing comprehensive services for children and families exposed to traumatic life events."--Anthony P. Mannarino, PhD, Department of Psychiatry, Allegheny General Hospital and Drexel University College of Medicine

"Building on the strengths of their first edition, the authors have incorporated innovations from successful adopters of TST. This treatment model tackles multiple real-world challenges to thoroughly assess traumatized children and their families and social environments. Interventions targeting both the impact of trauma and the barriers to care in the environment take into consideration key principles of neurobiology, child development, and family systems, as well as the evidence base for treating child traumatic stress. The book includes a full set of therapeutic activities and reproducible assessment tools and worksheets. The new chapter on organizational planning and implementation facilitates adoption of this unique model of integrated care."--Lisa Amaya-Jackson, MD, MPH, UCLA-Duke National Center for Child Traumatic Stress, Duke University School of Medicine

"This book would be extremely supportive to clinicians working in schools, homes, clinics, or the community....It is also extremely useful knowledge for any practitioner working with trauma, either in children or adults....The book is, effectively, a gold mine of information on trauma....The information is easy to access and well presented....An excellent resource....If you work in the field, I think you need this book on your shelf."

(BACP Children & Young People 2016-06-01)

"The authors provide helpful advice on the treatment of childhood traumatic stress that can be used by clinicians, teachers, social service workers, lawyers, administrators, policy makers....Helps guide individuals in the treatment of children as well as in the coordination of services under a financially constrained system of care." (on the first edition)

(Journal of the American Academy of Child and Adolescent Psychiatry 2007-09-09)

"An excellent resource for therapists who work with the children and families served by public mental health

and child welfare systems. This is a practical treatment manual that incorporates all of the major techniques or practice elements used in proven trauma treatments....Saxe and colleagues have organized their book to be easily accessible for busy clinicians and other mental health workers who may find it difficult to tackle denser textbooks....I really like this book. I recommend it highly for clinicians working in children's mental health and for students in this field. In fact, I have been trying to find a way to buy copies for all of our state's contracted provider agencies, because I think they all could improve their practice by using at least some aspects of this approach. Although the book focuses on intensive outpatient treatment settings, the approach clearly could be applied in many of the other settings that make up our array of services, such as therapeutic group home or foster home programs." (on the first edition)
(*PsycCRITIQUES* 2007-08-31)

"I recommend this book, as it provides the basic elements and components of the TST approach in a clear and integrated way and, as a textbook or manual, it is easy to read and follow." (on the first edition)
(*Journal of Children's and Young People's Nursing* 2007-06-02)

"A valuable resource that strikes the balance well between just the right amount of jargon-free theory and maintaining its focus on practical issues. The book is friendly and easy to read....Here is a book that offers a model that moves theory to practice in order to help all of us who endeavour to treat, support, and care for traumatised children and adolescents." (on the first edition)
(*Counselling Children and Young People* 2010-03-01)

"The authors of this text have done well in bridging a gap between theory and practice, while providing an easy-to-read text, which serves as a guidebook for effective treatment of traumatic stress in children and teens." (on the first edition)
(*Family Journal* 2008-07-01)

"This is an excellent volume, particularly for the front-line provider interested in a manualized hands-on introduction to interventions with traumatized children, teens, and their families." (on the first edition)
(*Archives of Pediatrics and Adolescent Medicine* 2007-09-01)

"This is a very important book for anyone working with abused and neglected children and their care system....Any social service organization and all psychologists, social workers, psychiatric nurses, and psychiatrists working with traumatized and especially urban traumatized children will find this book very valuable....Any graduate psychology program that seeks to work with underserved, urban or other challenging populations should give this book serious consideration as an addition to the course syllabus." (on the first edition)
(*Child and Family Behavior Therapy* 2015-03-09)

About the Author

Glenn N. Saxe, MD, is the Arnold Simon Professor and Chair of the Department of Child and Adolescent Psychiatry at New York University (NYU) School of Medicine and Director of the NYU Child Study Center. Dr. Saxe is a physician-scientist with a focus on the psychiatric consequences of traumatic events in children and on factors that contribute to children's risk and resilience in the face of adversity. He is the principal developer of trauma systems therapy (TST), which is currently used to guide clinical care in 14 states. He is also Director of the Center for Coordinated Trauma Services in Child Welfare, a National Child Traumatic Stress Network academic center funded to improve trauma services for the nation's child welfare systems.

B. Heidi Ellis, PhD, is Assistant Professor of Psychiatry at Harvard Medical School and Boston Children's Hospital. She is also Director of the Refugee Trauma and Resilience Center at Boston Children's Hospital, a

partner in the National Child Traumatic Stress Network. Dr. Ellis's primary focus is understanding how trauma and sociocultural contexts affect the mental health and development of youth, and translating this understanding into mental health and/or violence prevention intervention programs. She is the codeveloper of TST and oversees the adaptation and implementation of the model with refugee youth.

Adam D. Brown, PsyD, is Clinical Assistant Professor in the Department of Child and Adolescent Psychiatry at NYU School of Medicine. He is also the clinical coordinator of the trauma service at the NYU Child Study Center. At NYU, he directs training, consultation, and technical assistance in TST. Dr. Brown has overseen programs for youth in inpatient, day treatment, and residential settings, and has extensive training and expertise in the area of assessing and treating interpersonal trauma in children and adolescents. He has a focused interest in the complex interplay between traumatized youth and families, the people who provide care to these youth and families, and the systems that contain this care.

Users Review

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Maxine Elam:

This Trauma Systems Therapy for Children and Teens, Second Edition are generally reliable for you who want to be considered a successful person, why. The reason why of this Trauma Systems Therapy for Children and Teens, Second Edition can be one of several great books you must have is giving you more than just simple reading through food but feed anyone with information that possibly will shock your earlier knowledge. This book is handy, you can bring it just about everywhere and whenever your conditions in e-book and printed types. Beside that this Trauma Systems Therapy for Children and Teens, Second Edition giving you an enormous of experience such as rich vocabulary, giving you demo of critical thinking that we understand it useful in your day task. So , let's have it and luxuriate in reading.

Lamont Williams:

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Michele Brown:

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