

## Guidelines for Therapists Treating Trauma in Adults

### ***Qualities of Trauma-Informed Therapists:***

- ✓ Kind, compassionate, promotes hope
- ✓ Ability to be flexible, open and collaborative
- ✓ Ability to own mistakes
- ✓ Demonstrated commitment to code of ethics
- ✓ Willingness to engage in life-long learning

<b>Guideline Area</b>	<b>Examples of Training Resources &amp; Coursework (<u>but not limited to</u>)</b>	<b>Source of Training &amp; Experience</b>	<b>Supervisor initials indicating approval</b>
Recognizes therapeutic relationship is the key to trauma-informed care and participates in routine measures of progress and satisfaction. Understands using interventions with fidelity in a relationship context increases success.	Session Rating Scale Helping Alliance Questionnaire		
Uses person-directed planning as primary approach. <ul style="list-style-type: none"> <li>• support the individual making the decisions</li> <li>• culturally responsive</li> <li>• discuss medical necessity in person directed manner</li> <li>• collaborative diagnosing</li> <li>• includes natural supports in the discussion</li> <li>• respectful and empowering</li> <li>• sees diagnosis is not the person</li> <li>• teaching and coaching is person directed</li> </ul>	Peer Support training Person Directed Planning Wellness Recovery Action Plan Cultural Competence		
Knowledge of the recovery model. Promotes idea that everyone can recover without imposing limitations, including knowledge of Post Traumatic	Peer Webinar-PeerLink TED Talk: Jane McGonigal		

This Guideline was developed by a workgroup with Mid-Valley Behavioral Care Network in 2014.

Growth			
Uses trauma-informed peer and clinical consultation/supervision/training to grow clinical skills and manage vicarious traumatization	Peer Consult Group - TBD Vicarious Traumatization Project ABLE ACE and Trauma Training		
Training and experience differentiating between trauma-related conditions and other diagnoses, with working knowledge of clinical assessment tools and instruments.	DSM 5 training Diagnostic Impact Training		
Understands connection between trauma and neurological functioning	Trauma 101 – BCN Interpersonal Neurobiology		
Knows and uses stabilization, self-soothing and coping skills strategies	Seeking Safety DBT		
Knowledge of power dynamics in inter-personal relationships. <ul style="list-style-type: none"> <li>• safety planning</li> <li>• multi-generational cycle of trauma</li> <li>• differentiate between accountability and blame</li> <li>• supports referrals to other services with a warm hand-off</li> </ul>	MV Women’s Crisis Center training		
Family systems training and can work cooperatively with other providers to address treatment planning for other members of the family (e.g. children therapist and treatment plan)	Minuchin Structural Family Therapy Solutions Focused Therapy		
Person-directed approach to addressing suicidality in a non-shameful and accepting way.	Collaborative Assessment & Management of Suicidality Peer Training (to be developed)		
Skilled in matching the intervention and strategic timing with the individual.	Solution focused Acceptance and Commitment Therapy EMDR		

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	Cognitive Processing Therapy		
Aware of and supports the use of holistic interventions (examples: Music Therapy, Art Therapy, Yoga or Movement Therapy, A&D supports, physical health supports)	Yoga Calm Music Therapy Art Therapy Martial arts		
Appreciates the risks and benefits of medication and supports the use of other interventions prior to, or in conjunction with, the use of medication.	Psychopharmacology Harm Reduction Guide		
Growing skills in recognizing and responding to dissociation continuum and seeks consultation to do this work	Clinical supervisor notes appropriate use of consultation		

#### Process for Approval

**REMINDER: COURSE WORK AND TRAININGS LISTED ARE EXAMPLES ONLY. IT IS RECOGNIZED OTHER TRAINING AND KNOWLEDGE WILL SUFFICE**

1. Clinical Supervisor or Therapist initiates the Guideline Review.
2. Clinical Supervisor and Therapist jointly consider the Therapist's trainings, coursework and skill level in each of the categories included in the Guidelines.
3. Identify gaps and develop a plan for education/training for the Therapist.
4. Clinical Supervisor signs off on Approval once each element is found to be met.
5. Therapist's name is placed on the County website as having approval to treat trauma.

I approve \_\_\_\_\_ who meets the Guidelines.  
(Clinician Name)

\_\_\_\_\_  
(Signature of Clinical Supervisor/Print Name)

\_\_\_\_\_  
(Date)

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