

Guidelines for Therapists Treating Complex Trauma

Guideline Area	Examples of Training Resources or Coursework (but not limited to)	Source of Training or Experience	Approval
Pre-requisite for this Guideline is completion of the Basic Trauma Guideline.	See Guidelines for Therapists Treating Basic Training		
Cultural responsiveness/sensitivity	Intergenerational trauma, diversity and social context trainings, multiple sources		
Knowledgeable about screening for children so dysregulated they can't yet access their frontal lobes so that talk therapy will be effective. Able to incorporate alternative therapies e.g. sensory, music, yoga, EMDR (Eye Movement Desensitization Reprocessing), etc.	Sensory integration overview training BCN training TBD? EMDR trainings		
Is skilled in treating the continuum of Reactive Attachment Disorder, to include relational approaches and the ability to build therapeutic alliance with the dyad(s) made up of the child/youth and their primary attachment figure(s), and knows the critical timing for these activities. (Recognizes the therapist is not the primary attachment figure).	Theraplay training Circle of Security training Pathways to Permanence – PSU Neurosequential Model – Bruce Perry Family therapy models that address attachment and bonding		
Behavior Management interventions beyond point and level systems, i.e. Trauma-informed Parenting interventions and coaching (e.g. but not limited to): Parenting Traumatized Children BCN training, Trauma-Informed Parenting PSU, Filial Therapy, PCIT, CPS, OIS, DBT, FBA and crisis plans, SFBT, etc.	Parenting Traumatized Children BCN training Trauma-Informed Parenting PSU Filial Therapy PCIT (Parent Child Interaction Therapy) CPS (Collaborative Problem Solving) OIS (Oregon Intervention System) DBT (Dialectical Behavioral Therapy) FBA and crisis plans (Functional Behavioral Assessment) SFBT (Solution Focused Brief Therapy)		
Trauma Narrative training	Sexual abuse victim training http://depts.washington.edu/hcsats/PDF/TF-%20CBT/CBT_Plus_NB.html		
Skills with addressing disrupted visits, placements and transitions	PSU training on visitations and transitions		
Training in and can guide Clarification Process/Repair	Clarification training		

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Supporting Adoption: course work on preserving placements, coursework on cultural factors, importance of kinship care and relationships	Adoption Certificate at PSU PSU specific trainings for caregivers and caseworkers www.childwelfare.gov/pub/trauma/trauma.pdf		
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I approve _____ who meets the Guidelines to Treat Complex Trauma.
Clinician Name

Signature of Approving Person

Date

Agency/Organization

These Guidelines were developed by a Workgroup comprised of Mid-Valley Behavioral Care Network and its County members, DHS District 3, and PSU.