

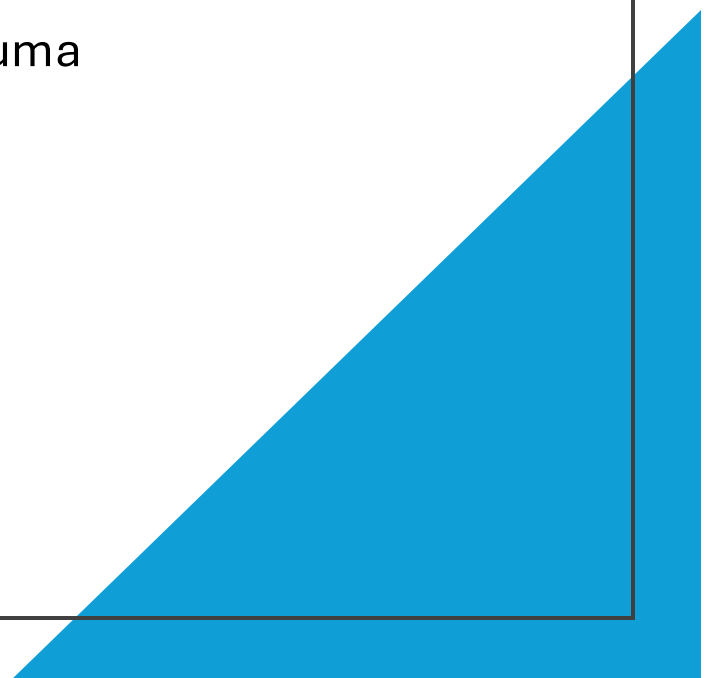
GUIDELINES FOR PROFESSIONAL PRACTICE WITH TRAUMA SURVIVORS

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Chair, APA Professional Practice Guidelines for Adult Survivors of Trauma

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What Are Professional Practice Guidelines?

Guidelines vs. Ethical Standards

- Guidelines are best practices, not standards or enforceable by APA

APA Practice Directorate

- Create groups of experts to develop guidelines
- Council must approve them

Clinical Guidelines

- Following Research Procedures for Specific Clinical Disorders

Professional Practice Guidelines

- Provide Scientific Framework for Professional Role Working with Patients
- Awareness of What Clinician Needs to Know & Do to be Effective
- PTSD & Trauma Developers Group formed 2017

DEFINING TRAUMA

When event (s) overwhelm the individual & cause emotional harm & loss of resiliency

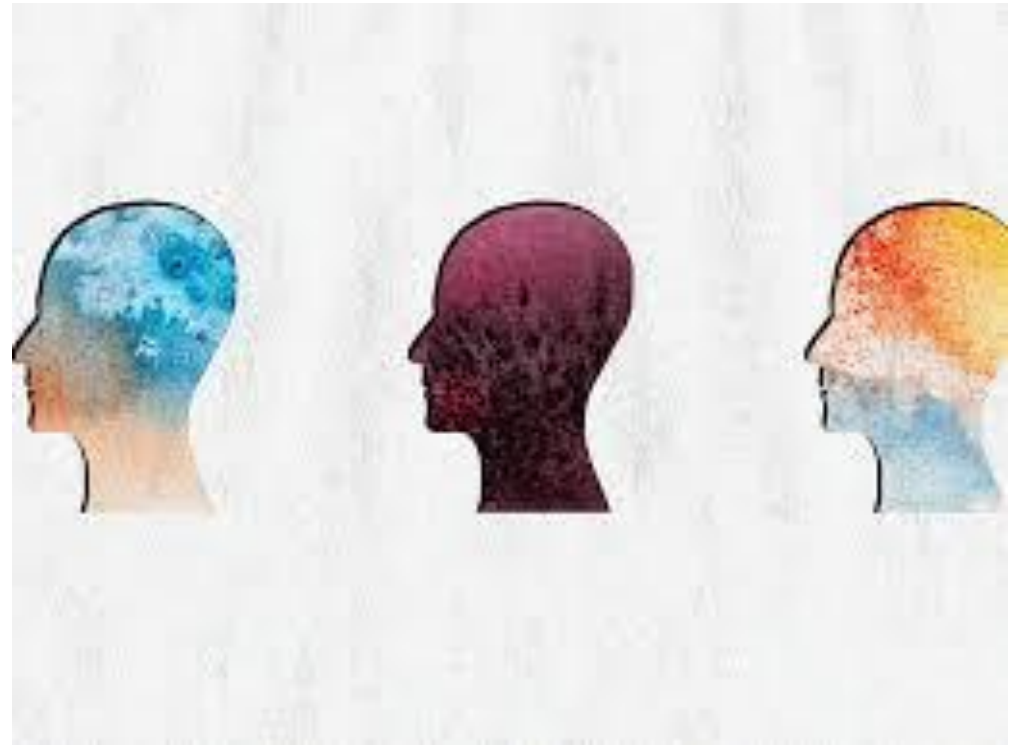
Different forms of trauma

- Natural disasters
- Accidents
- Interpersonal violence
- War & conflict
- Workplace violence
- Sexual abuse & exploitation
- Family violence & child/elder abuse



TRAUMA STRESS DISORDERS

- Post Traumatic Stress Disorder (PTSD)
- Acute Stress Disorder
- Complex PTSD
- Trauma Exacerbated Psychopathology
- Trauma Exacerbated Physical Health Problems
- Secondary Trauma, Compassion Fatigue, Vicarious Trauma
- Loss of Resiliency



Why Treat Trauma with Special Techniques?

- Exposure to trauma increases the risk and severity of substance use problems, mental health conditions (e.g., depression; anxiety; posttraumatic stress disorder (PTSD); dissociative, eating and sleeping problems; psychosomatic disorders; and disruptive behavior disorders), other risky behaviors (e.g., self-injury, suicidality, risky sexual encounters), and physical health problems (e.g., cardiovascular, gastrointestinal, metabolic, and immune disorders). Childhood trauma and trauma involving intentional infliction of harm are most likely to cause behavioral and chronic physical sequelae. (See Trauma and Violence Program (SAMHSA), retrieved from <https://www.samhsa.gov/trauma-violence>).

Culture & Stress Impact Response To Trauma

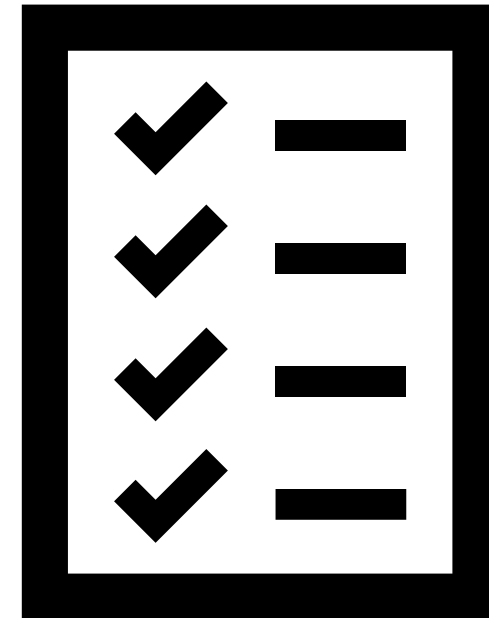
- At the same time, as current definitions of trauma may not sufficiently account for culture, they may lack cultural relevance (Bryant-Davis & Ocampo, 2016; Hinton & Good, 2015; Hinton & Lewis-Fernandez, 2011). This in itself is problematic as individuals from marginalized groups may be more vulnerable to certain types of trauma. In addition, individuals may experience trauma differently as identity may intersect with and be impacted by sociocultural context. New research suggests that many people experience historical or intergenerational trauma, often compounding the impact of recent trauma experiences (e.g. Jewish Trauma).

TRAUMA INFORMED & TRAUMA SPECIFIC CARE

- **Trauma-Informed Care (TIC).** TIC is an intervention and organizational approach that focuses on how trauma may affect an individual's life and his or her response to behavioral health services from prevention through treatment. There are many definitions of TIC and various models for incorporating it across organizations, but a "trauma-informed approach incorporates three key elements: (1) realizing the prevalence of trauma; (2) recognizing how trauma affects all individuals involved with the program, organization, or system, including its own workforce; and (3) responding by putting this knowledge into practice (SAMHSA, 2012, p. 4). TIC often refers to the setting whereas trauma-specific care refers to specific techniques.
- **Trauma-Specific Care** is a very specific group of techniques designed to deal with the problems that occur from the trauma itself. For example, identification of trauma triggers and desensitization would be one such technique. Narrative exploration of trauma memories might be another. Guided imagery another. Memory consolidation.

Six (6) Areas with 17 Guideline Statements

- Each Guideline is aspirational
- Each Guideline has a rationale for inclusion
- Each Guideline has suggested applications
- Six areas chosen
 - Knowledge
 - Education
 - Legal & Regulatory Issues
 - Assessment
 - Intervention
 - Psychopharm & biological agents
 - Telehealth issues
- Special Areas of Equity – expanded trauma definition here
 - Health equity
 - Racial & Intergenerational Trauma
 - Sexual harassment
 - Immigration & refugee status



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Gaining Knowledge (1)



Guideline 1: Psychologists strive to collaborate across science and practice domains to develop familiarity with and contribute to the knowledge base, scientific support and culturally responsive treatment options for trauma-informed care and the psychological assessment and treatment of traumatic stress disorders and their sequelae.



Suggests psychologists know the knowledge base and cultural beliefs about trauma and contribute to it as well as be familiar with information about trauma on the internet and social media.

EDUCATION (2)

Guideline 2: Psychologists strive to engage in education and training based on current scientific knowledge and practice, including the biopsychosocial, sociocultural, and intersectional aspects of trauma, trauma-informed intervention, and recovery.

- Suggest all psychologists get some training and education based on current scientific knowledge and practice in all aspects of trauma, trauma-informed intervention, and recovery.

Guideline 3: Psychologists endeavor to seek consultation and supervision on trauma-related concerns as needed and when appropriate including secondary victimization and vicarious trauma.

- Suggest psychologists get consultation and/or supervision where needed including protecting themselves from secondary victimization and vicarious trauma

Legal & Regulatory Frameworks (3)

Guideline 4: Psychologists strive to be knowledgeable of the Federal and State legal and regulatory frameworks, policies, and procedures that may be relevant to or have implications for working with adults with traumatic stress disorders. This includes scope of practice for licensure, mandated reporting of trauma to children, older adults, persons with disabilities or other vulnerabilities, and *duty to warn or duty to protect* those who may pose a risk of harm to themselves or others.

- Be familiar with all the Federal and State laws and regulatory frameworks relevant when working with adults & trauma including mandatory reporting laws and duty to warn & protect those who pose harm to themselves or others.



Legal & Regulatory Frameworks

(3)

Guideline 5: Psychologists strive to become knowledgeable about the various types of legal proceedings with which trauma survivors may become involved including the laws and regulations around serving as a forensic expert as well as the implications of treatment approaches with patients who are justice-involved or engaged in other legal proceedings.

- Be knowledgeable about legal proceedings that people experiencing trauma may become involved in and laws and regulations about serving as a forensic expert. Also be familiar with implications of treatment approaches with patients who are justice involved or engaged in other types of legal proceedings.

Guideline 6: Forensic Psychologists may strive to assist other professionals in the legal system to help answer legal questions about trauma survivors for which psychology has the knowledge.

- Understand the role of Forensic psychologists who strive to help answer legal questions about trauma survivors for which psychology has knowledge.



Assessment (3)



Guideline 7: Psychologists strive to use multiple sources of data where appropriate, including culturally informed sources, when assessing trauma history, traumatic stress symptoms, and their impact on physical and mental health and psychosocial functioning during initial and ongoing psychological assessment

- Strive to use multiple sources of data including culturally informed sources during initial and ongoing assessment.

Guideline 8: In conducting trauma assessment, psychologists strive to practice with cultural competence and sensitivity, including use of appropriate and behaviorally specific terms, language, cultural idioms, while carefully monitoring patients' internal distress, and providing therapeutic support throughout the process.

- Practice cultural competence and sensitivity including use of appropriate and behaviorally specific language, cultural idioms while monitoring patient's internal distress and providing therapeutic support.

Assessment (3) continued...

Guideline 9: Psychologists strive to incorporate information from trauma assessment into the development and updating of the treatment plan in order to provide interventions designed to ameliorate each patient's specific trauma-related symptoms and their impact on the patient's mental and physical health and psychosocial functioning.

- Incorporate assessment information into treatment plans that are continually updated and designed to ameliorate both specific trauma-related symptoms and their impact on the patients mental and physical health and psychosocial functioning.



Intervention (4)

Guideline 10: Psychologists strive to adhere to the principles of trauma-informed care (TIC).

- Adherence to Trauma Informed Care

Guideline 11: When providing trauma-focused psychotherapy, psychologists strive to facilitate therapeutic trauma memory processing, effective coping with trauma-reminders in daily life, and emotion regulation to support psychosocial functioning and prevent crises.

- Strive to facilitate trauma processing, effective coping with trauma-reminders in daily life, and emotional regulation to support psychosocial functioning and prevent crises

Intervention (4) continued...



Guideline 12: Psychologists strive to understand the relevance and use of psychopharmacology and other biological agents for trauma-related symptoms and disorders,

- Understand and use of psychopharmacology and other biological agents for treatment

Guideline 13: Psychologists strive to integrate principles of trauma-informed care when telehealth platforms are used as a mode of service delivery.

- Integrate principles of TIC when telehealth platforms are used to deliver services



Equity & Historical/Intergenerational Trauma (4)

Guideline 14: Psychologists strive to address the physical and emotional harm and impacts associated with barriers to timely, quality health care and include cultural considerations that may optimize compliance with health care directives and protocols to avoid exacerbating health disparities and create conditions for further trauma.

- Address stressors from barriers to timely quality health care and include cultural considerations that may optimize health care directives and avoid health disparities and create conditions for further trauma.

Guideline 15: Psychologists strive to understand the influence of racial, ethnic, and cultural factors on trauma and recovery, including the role of racist incidents and systemic oppression as forms of traumatic stress (e.g., race-based trauma, collective or historical trauma, etc.), respond and intervene in a way that does not contribute to systemically racist forms of oppression, discrimination, and cultural insensitivity.

- Understand influence of racial, ethnic and cultural factors on trauma and recovery including role of racist incidents and systemic oppression as a form of traumatic stress (race-based trauma, community & intergenerational trauma).

EQUITY & INTERGENERATIONAL TRAUMA

Guideline: 16: Psychologists strive to learn about the unique dynamics involved in sexual harassment especially in certain workplace settings, including the military, law enforcement, and other male-dominated occupations and how such trauma interacts with the broader context of societal messages including other forms of interpersonal violence, sexism and racism, both current and historical, that may be contributing to survivors' sexual harassment experiences and associated traumatic distress.

- Unique dynamics involved in sexual harassment in certain workplace settings including military, law enforcement & male dominated occupations and how such trauma interacts with other forms of interpersonal violence.

Guideline 17: Psychologists strive to understand both the strengths of people who have immigrated to the U.S. as well as the trauma they have experienced in coming here to better understand how to rebuild resilience in overcoming trauma.

- Strive to understand both strengths of people who have Immigrated to the US as well as trauma experienced in coming here to better understand how to rebuild resilience in overcoming trauma.



CONCLUSION

Psychologists who strive to follow these Professional Practice Guidelines will be providing the care to assist patients who suffer from traumatic stress disorders in healing from trauma and rebuilding their resilience