

TLC

from trauma
to resilience:
short-term help
long-term gains



Endorsed and used by thousands of TLC Trauma Specialists in schools and agencies nationwide



The National Institute for Trauma and Loss in Children (TLC) was founded in 1990 by internationally recognized childhood trauma specialist Dr. William Steele. Currently 6,000 TLC Certified Trauma and Loss School Specialists and Clinical Specialists provide TLC interventions and resources to children, adolescents, families, schools and communities daily. TLC's published evidence-based research and outcomes support the value of its school-based programs and clinical intervention strategies. More than 50,000 professionals have participated in TLC trainings and thousands have given testimony to the timely, practical, immediately usable interventions, recovery strategies, programs and resource materials.

TLC is a program of the Starr Institute for Training, an internationally recognized leader in transformational programs for children, families, schools and communities. Since 1913, Starr's philosophy is rooted in seeing something good in every child. TLC and Starr provide collective expertise. Its strength-based approaches are providing parents, educators, clinicians and childcare workers with innovative techniques to bring out the very best in every child.



Today's educators and childcare professionals are on the front lines of a battle they may not even know they're in: the fight against trauma in children. No doubt you've seen evidence of it yourself: the "unreachable" boy who doesn't respond to any kind of treatment or therapy. The "bad" girl who persists in disruptive, negative behavior despite all-out efforts to help her. The truth is, trauma in children manifests itself in behaviors that defy logic, reason and the best intentions of teachers, counselors and social workers.

The issue is bigger than anyone realized. In fact, it wasn't until 1990 that a groundbreaking training program called The National Institute for Trauma and Loss in Children (TLC) identified childhood trauma as the root cause of behavior issues that were beyond the reach of traditional cognitive therapies.

Today, TLC training programs are in place in more than 3,000 schools, community-based programs, treatment centers and childcare facilities across North America and internationally, and are giving parents, teachers and childcare professionals the early intervention tools and techniques it takes to turn young lives – and trauma-related behaviors – around.

TRAUMA: THE STARTLING FACTS

More than 40% of children and teens have endured at least one traumatic event, resulting in the development of Post Traumatic Stress Disorder (PTSD) in up to 15% of girls and 6% of boys.

Some 800,000 children are maltreated each year through neglect, physical abuse, sexual abuse, psychological abuse and intimate partner violence, resulting in Developmental Trauma Disorder (DTD).

On average, 3%-6% of high school students in the United States and as many as 30%-60% of children who have survived specific disasters have PTSD.

Up to 100% of children who have seen a parent killed or endured sexual assault or abuse tend to develop PTSD and more than one-third of youth who are exposed to community violence will suffer from PTSD or DTD.

25% of car accident survivors where there was a fatality develop PTSD.

34% of children with a deployed military parent develop PTSD.

TRAUMA IN CHILDREN: THE HIDDEN EPIDEMIC

To understand what trauma in children is it helps to start with what it's not. Childhood trauma is not a diagnosis. It's an experience. Children who have been severely abused, neglected or marginalized aren't just experiencing what we might call "fear" – this word is too small. What they're experiencing is terror – the same terror commonly associated with the devastating experiences of soldiers in battle. Feelings of powerlessness and a total lack of security persist, even when the threat is over, and often create a spiraling constellation of debilitating symptoms and behaviors that defy traditional therapies.



Recognizing trauma for what it is – a survival tactic

When the brain is faced with a traumatic incident or situation it doesn't shut down. It shifts. The "reasoning" part of the brain gives way to the more primitive mid-brain where everything is about instinct and survival. Cognitive processes become limited while sensory reactions to terror dominate. Flight or avoidance reactions are not uncommon. A traumatized child reframes memories and behaviors in ways that may not make sense to an onlooker (or even to the child) but make perfect sense to a brain grappling to protect itself from danger. As counter-intuitive as it may seem, the negative behavior issues resulting from these mid-brain responses may in fact be the greatest evidence of a child's inner resilience.

SITCAP® – TLC's revolutionary approach: leading the field in the treatment of childhood trauma

"There's just no reasoning with him." That may sound like a perfectly understandable reaction to a child who "just won't listen" – until you realize that he can't.

That's where TLC's innovative SITCAP® model (*Structured Sensory Interventions of Traumatized Children, Adolescents and Parents*) comes into play. This innovative treatment approach was pioneered by TLC's nationally recognized experts and is centered on the concept that changing behavior isn't possible until you change the sensory memories that fuel the behavior. SITCAP provides a powerful framework for helping those who have



been traumatized engage in program activities to now allow them to experience themselves as safe and empowered, no longer victims but survivors and thrivers, ready to flourish, to eventually experience themselves differently and thereafter cognitively reframe their experience in ways that are manageable.

Developed and used over the past 20 years, field tested in schools and community agencies, researched and continually refined, SITCAP is supported by the latest scientific advances in brain science and has been featured in leading scholarly journals and numerous books on childhood trauma.

For more information about the published, evidence-based research and TLC, visit www.starrtraining.org/tlc.

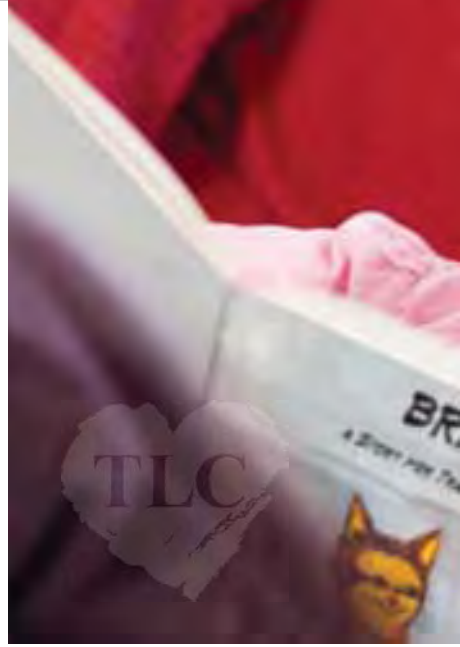


“Extremely informative! Not just the why, but the how!”

Tamara Blubaugh, MHR, LPC, Counselor, Oklahoma

"An amazing thing happened in my home last night. I found a copy of 'Brave Bart,' as I was cleaning out a book case and I convinced my 5-year-old niece to allow me to read to her. She sat very quietly and listened to every word. When the story was over, I told her how brave she was since mommy died and she convinced me to read it again. I can't remember if she has ever sat in my lap for this long a period of time. During the second reading, she actually fell asleep and it was only 8:00 pm. Amanda rarely can sleep before midnight since her mother died on 9/11. I don't remember who brought me (your) book, but I am forever grateful."

*Deborah O'Connor,
Whitestone, Queens, New York*



TLC IS THERE



Over the last two decades, TLC has been on the scene to provide early intervention training and trauma-specific services for children and families during many of our nation's most difficult periods such as:

- after the Gulf War in 1992;
- bombing of the Federal Building in Oklahoma in 1995;
- Wedgwood Baptist Church killings in Texas in 1999;
- New York and Washington DC on Sept. 11, 2001;
- Tsunami in 2005;
- Hurricanes Katrina and Rita in 2005 and 2006;
- Parkersburg, Iowa shooting and killing of football coach in front of 25 students in 2009;
- stabbing to death of a teacher in class by a student in Tyler, Texas in 2009.





“Thank you for your support of our school community in the wake of September 11, 2001. The positive response from families regarding our actions resulted in a request from a local television station to not only detail the steps we took but what prior training informed our decision making. Others are now calling us to learn more.”

*Margaret Walsh, EdD,
Principal, Minnie Howard School, Virginia*

“(The) program has helped my client immensely. In and out of three foster homes before age six, she is no longer rageful and displays only a few oppositional traits. It is because of TLC that she has had this success.”

*Lynn Hunt, DCSW, CMH
Clinical Social Worker, Michigan*

“Two of the children here on base witnessed an attempted suicide. You quickly responded. You have done a service that will have a lasting impact. Rest assured that when trauma again visits the young people our clinic serves it will be The National Institute for Trauma and Loss in Children we turn to for assistance.”

*Charles Bass, PhD,
Captain U.S. Army,
Fort Wainright, Alaska*

TLC: THE TRAINING YOU WANT FOR THE HELP THEY NEED

- Understand the differences between grief and trauma and come to know trauma as an experience rather than a diagnostic category.
- Learn how to become a “witness” to a child’s traumatic experience to best appreciate the intensity of the experience and the needs of the child.
- Gain skills through trauma-specific intervention tasks and techniques that let you experience sensory interventions first-hand through demonstrated encapsulated activities.
- Discover more about TLC published evidence-based research outcomes that support the value of TLC’s structured sensory programs in schools and agencies.
- Learn how TLC’s school-based programs and protocol can address the developmental issues, time and resource constraints, needs of staff as well as students/clients, administrative issues and trauma response issues.
- Know the difference between PTSD and Developmental Trauma Disorder (DTD) and equip yourself with neurophysical and psycho-physical theory, principles, and tools for understanding, reducing, containing and halting traumatic hyperarousal.
- Build skills for a beneficial adjunct to any method of psychotherapy or specialized trauma therapy.

Early Intervention Tools and Programs

The Trauma Intervention Program is a comprehensive individual program for children 6-12 years old and adolescents 13-18 years old. I Feel Better Now! Intervention Program is a group program for 6-12 year olds. What Color is Your Hurt? is an individual program for preschoolers 3-6 years old.

“Structured and tested, TLC gets to the heart of the problems.”

Patti Porter, School Counselor, Texas



TLC Online: Certification courses at your fingertips

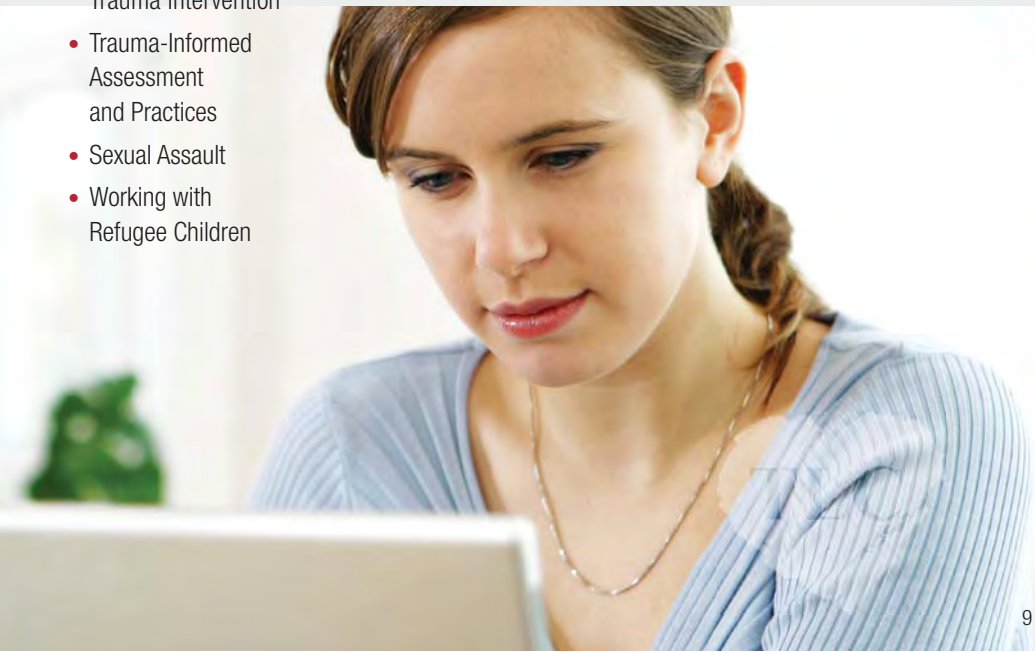
- Adolescent Grief
- Art, Play, Music, Drama & Bibliotherapy: Advanced Skills
- Bullying and Cyber Bullying
- Domestic Violence
- Eating Disorders and Trauma
- Pain Management
- Psycho-Physiology of Trauma
- Reaching and Teaching Stressed and Anxious Students
- Resilience and Posttraumatic Growth in Children
- Suicide Intervention
- Trauma-Informed Schools
- Working Through an Ethical Lens
- Zero to Three: Trauma Intervention
- Trauma-Informed Assessment and Practices
- Sexual Assault
- Working with Refugee Children

ADD TO YOUR CREDENTIALS

There's a lot to be said for achieving TLC Certification. It establishes a standard of evidence-based trauma care practiced by professionals, educational institutions and organizations. Many go on to be Accredited and display the TLC logo on business cards, personal letterhead, websites and in their office.

Each certification level requires you to complete specific TLC courses which may be completed over a period of time. Maintaining your certification is easy. Simply take one TLC online course or attend a one-day TLC training each year. And all TLC courses are approved for Continuing Education (CE) credits.

- Level-1 Certification: Trauma Specialist (CTS)
- Level-2 Certification: Trauma Consultant (CTC)
- Level-3 Certification: Consultant Supervisor (CTC-S)



TRAININGS THAT CAN CHANGE YOUNG LIVES FOREVER

Wondering what a TLC training session might look like? Training program formats are flexible and can accommodate your location, participant group and timeline. The following are examples of the trainings TLC offers. For additional course descriptions go to www.startraining.org/tlc.

Children of trauma

Videotaped interviews with children, case studies, and multiple examples of successful interventions will introduce you to trauma-informed care and the evidence-based techniques to significantly reduce PTSD symptoms and other trauma-related mental health issues in children.

Structured sensory interventions

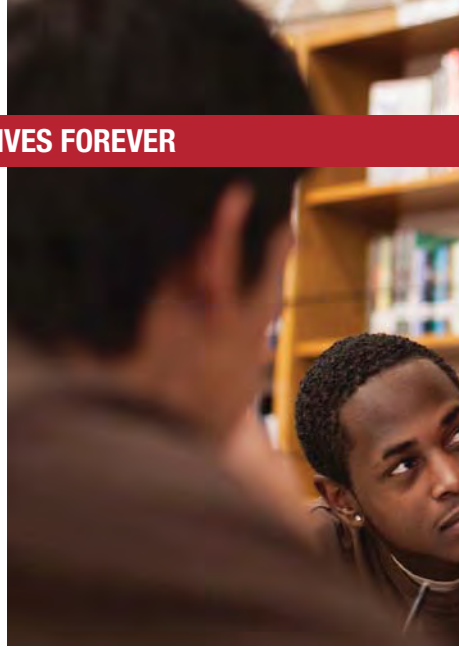
This is a practice day. You will get a chance to engage, hands-on, in the intervention strategies presented in Children of Trauma. By day's end, you will feel comfortable initiating the evidence-based tools and techniques you've been learning.

Trauma-informed principles and practices

As we know from research and nearly two decades of experience, services to trauma survivors must be flexible, individualized, culturally competent, promote respect and dignity and be based upon best practices. This course focuses on providing intervention to traumatized children and adolescents individually and/or in group settings. Instruction will also address system practices that support or prohibit trauma-informed care.

After the crisis: managing recovery for students and staff

Policies, protocols, interventions and postvention strategies are presented for both violent and non-violent yet traumatic incidents involving students and/or staff. Participants walk through the interventions needed in the first hour, second hour, throughout the day and end of the day critical intervention timelines are identified. The potentially suicidal student, suicide, responses following any violent or non-violent death, legal liability issues, protocol for dealing with potentially violent adults/parents, students fighting, weapons in building, shooting in progress, environmental safety and security can also be addressed.





“The information, interventions and programs are not only solidly supported and applicable, but immediately useable. Thank you so much for the training.”

Micki Magers, MS, LMFT, Hawaii

TLC PARENT TRAUMA RESOURCE CENTER: Open 24 hours a day.

- The online Parent Trauma Resource Center is an excellent tool for parents, caregivers and other childcare professionals to easily find detailed information about grief and trauma for all age groups – from infants and toddlers to young adults. Most of the online information is available in English, Spanish and Arabic. www.starrtraining.org/ptrc Among the topics you'll find:
- Information describing typical grief and trauma reactions and the difference between the two.
- Ways parents can help their child, as well as help themselves.
- Ways to deal with specific concerns, like behavioral problems, sexual abuse, war, terrorism and more.
- Specific detailed activities for parents to use to engage their children and to help calm their anxieties.
- Recommended books and resources on grief and trauma.
- Helpful links to other websites for specific information.

“I came to this workshop as a “professional,” but was actually here for myself as a Katrina survivor. The simple exercise of dividing my life into 8 sections, and knowing how this tragedy was only one part of my life was so helpful.”

Angela Tyrone, MSW, LPC, Livingston Schools, Louisiana

“I have been working with children for many years and am involved with training and supervising other clinicians and decided to try out the TLC ‘interview’ style – the results were just so dramatic – it is a wonderful tool for my own work with traumatized children and will help other clinicians.”

Clotilde O’Keeffe Lyons, Senior Clinical Psychologist, Southern Health Board, Kerry, Ireland

“I just returned from the [9/11 5-year anniversary] ceremony at the Pentagon. It was good to see so many of our families. Thank you so much for all you did to help us. Your trauma work was an important part of their recovery.”

*Annemarie M. Bezold, LCSW, Coordinator,
Grief Program, Fairfax-Falls, VA*

“Very focused, direct, practical strategies at a time when managed health care calls for measurable outcomes.”

Kennedy Krieger Family Center, Maryland

“Even though our years of structured training and subsequent successful responses put us ahead of most districts, TLC’s week-long training has been a quantum leap.”

*Peter Lefaire, MEd,
Kenton County Schools, Kentucky*

“Due to the success of your trauma strategies, we have started to train all of our staff.”

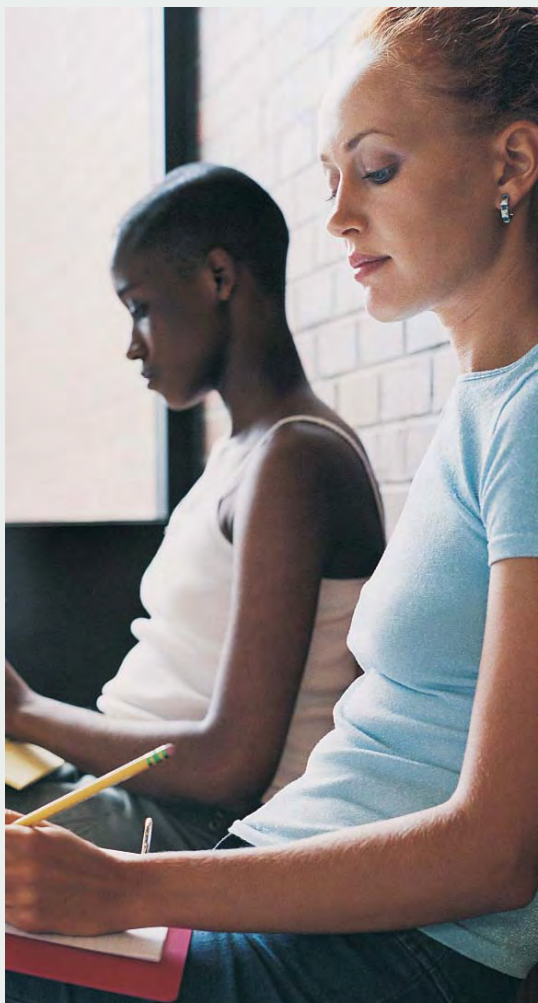
*Betty Bedard-Bidwell,
Homestead Group Home, Ontario, Canada*



Preparing the next generation of principled leaders

Through the Starr Institute for Training, parents, clinicians, educators, childcare professionals, businesses and organizations now have access to Starr's highly successful and innovative techniques aimed at promoting positive, strength-based practices in communities, schools and the workplace.

- **No Disposable Kids® (NDK)** – Is your school interested in preparing educators to work effectively with all of its students? Even those who are considered your most resistant? Defiant? Troubled? This bold training program offers immediate, useful skills for responding successfully to the epidemic problems facing today's schools: bullying, racism, school violence, dropouts and poor academic performance.
- **GlasswingSM** – Our two-day Healing of Racism seminar examines the way we relate to one another as members of the human family. Major national corporations and organizations who have gone through these sessions have called them personally “life-altering” and morale-lifting organization wide. A special 5-day certification program is available for those interested in becoming an accredited Glasswing facilitator.
- **Circle of Courage** – This model of youth empowerment is supported by contemporary research, the heritage of early youth work pioneers and Native philosophies of childcare. The model is encompassed in four core values: belonging, mastery, independence and generosity. Circle of Courage training will help you put into practice a set of shared values to create powerful environments where children can flourish.





“ I am currently working with elementary school children exposed to murder, abuse, fires and so much more. I can't begin to think of how I could help these kids without TLC's programs and support. Thank you so much.”

Linda Cassell, MSW, Counselor, Youngstown School, Ohio

“ What I have learned at the TLC trainings has been invaluable in my family practice.”

David Grill, MA, MFCC, California

“ It is amazing how often I use your training. Once again I reiterate how valuable my training has been for our school.”

Angela Tyrone, MSW, LPC, Livingston, Louisiana



**THE NATIONAL INSTITUTE
FOR TRAUMA AND LOSS
IN CHILDREN**



A STARR INSTITUTE FOR TRAINING PROGRAM

www.starrtraining.org/tlc 877.306.5256