



Treatment of Clients Experiencing Trauma

A Collaborative Approach to Care

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Psychological Assessment of Trauma



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Understanding Provider Role in Treating Trauma

- Conduct an assessment to clarify symptoms/diagnosis, distress level and functioning impact of Acute Stress Disorder
- Life Events Checklist (LEC)
- Clinician Administered PTSD Scale for DSM-5 (PCL-5)
- Identify treatment goals
- Identify openness to treatment modality: medications, individual/group therapy etc
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Considerations when Interacting with Clients

- Cultural considerations/preferences
- Treatment preferences
- Schedule/ability to present to treatment
- Home environment/Social support
- Coping/relaxation strategies
- Substance use patterns

Our Treatment Plan

Healthcare Domain: Behavioral Health

Provider: Psychologist

Objective:

Provide alleviation of presenting acute stress symptoms as indicated by client report of:

- (a) Intrusions
- (b) Avoidance
- (c) Arousal

Goals:

- a) Improve sleep/decrease nightmares
- b) Reduce Acute Stress Symptoms - Decrease startle response/intrusions/irritability/ anxiety while driving
- c) Drive a car

Interventions:

- a) Medications?
Sleep hygiene /cognitive therapy for sleep - individual therapy
- b) Individual therapy using exposure activities and cognitive strategies to identify/challenge thoughts about the accident; Medications?
- c) Individual therapy using exposure activities and cognitive strategies to identify/challenge thoughts about driving

Measuring Outcomes/ Success

- Clinical interview
- Discussion of progress in therapy/termination
- Self-report measures to track symptom changes/therapy progress

Communication from Counselors

Functional impairment

Family relationships/dynamic

Interpersonal relationship quality/social support

Substance use patterns/history