

Appendix A: Problems-to-components grid

<u>Problem</u>	<u>Treatment components that may be useful</u>
1. Safety (environmental)	Safety training, system interventions, psychoeducation
2. Caretaker support	Family therapy, intervention with caretakers
3. Anxiety	Distress reduction/affect regulation training, titrated exposure, cognitive processing
4. Depression	Relationship building and support, cognitive processing, group therapy
5. Anger/aggression	Distress reduction/affect regulation training, trigger identification/intervention, cognitive processing
6. Low self-esteem	Cognitive processing, relational processing, group therapy, relationship building and support
7. Posttraumatic stress	Distress reduction/affect regulation training, titrated exposure, cognitive processing, psychoeducation, relationship building and support, trigger identification/intervention
8. Attachment insecurity	Relationship building and support, relational processing, group therapy, intervention with caretakers
9. Identity issues	Relationship building and support, relational processing
10. Relationship problems	Relationship building and support, relational processing, cognitive processing, group therapy
11. Suicidality	Safety training, distress reduction/affect regulation training, cognitive processing, systems intervention
12. Risky behaviors and tension-reduction behaviors	Psychoeducation, safety training, cognitive processing, trigger identification/intervention
13. Dissociation	Distress reduction/affect regulation training, affect regulation training, emotional processing, trigger identification/intervention
14. Substance abuse	Psychoeducation, trigger identification/intervention, titrated exposure, distress reduction/affect regulation training
15. Grief	Psychoeducation, cognitive processing, relationship building and support
16. Sexual concerns and/or dysfunctional behaviors	Psychoeducation, trigger identification/intervention, titrated exposure, distress reduction/affect regulation training
17. Self-mutilation	Trigger identification/intervention, distress reduction/affect regulation training

Source: University of Southern California Keck School of Medicine, Adolescent Trauma Training Center

Integrative Treatment of Complex Trauma for Adolescents (ITCT-A; Briere & Lanktree, 2013).