Treating Trauma From an Integrated Approach

A Collaborative Approach to Care

June 1, 2019 * Tex-CHIP Training Series
Psychological Assessment for Trauma
Understanding Provider Role in Treating Children

• Complete assessment of pre and post incident functioning in multiple areas (academics, interpersonal/social/romantic relationships, family dynamics/norms, daily activities, other psychosocial data)

• Personality assessment: Millon Clinical Multiaxial Inventory - IV (MCMI-4) and the Minnesota Multiphasic Personality Inventory - 2 (MMPI-2)

• Life Events Checklist (LEC)

• Trauma Assessment: Clinician Administered Scale for PTSD for DSM-5 (CAPS-5)

• Consider talk therapy treatment options: Group, Family, Individual
Considerations when Interacting with Clients

- Cultural considerations/preferences ex. ethnicity, religion
- Treatment preferences and collateral information
- Schedule/ability to present to treatment
- Emotion awareness/identification skills
- Home Environment/Social support
- Coping/relaxation strategies
- Substance use history/behaviors
# Our Treatment Plan

**Healthcare Domain:** Psychological Assessment  
**Provider:** Psychologist

<table>
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<tr>
<th>Objective: Decrease in symptoms as indicated by client report of: (a) Suppressed Appetite (b) Emotion Regulation/coping (c) Mood Symptoms</th>
<th>Goals:</th>
<th>Interventions:</th>
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<tr>
<td></td>
<td>a) Improve hygiene</td>
<td>a) Medications, schedule/plan meals</td>
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<td></td>
<td>b) Improve emotion identification and coping skills</td>
<td>b) Cognitive therapy, Coping skills</td>
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<td></td>
<td>c) Manage mood symptoms</td>
<td>c) Cognitive therapy, Trauma focused therapy (if/as appropriate), Family therapy</td>
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Measuring Outcomes/Success

• Clinical Interview
• Discussion of therapy progress
• Symptom measures (self-report) to track therapy progress and changes
Communication Needed from Counselors

• Detailed psychosocial/intake information
• Collateral information from spouse (as appropriate)