

Trauma Treatment Programs (Adult)

The CEBC defines Trauma Treatment (Adult) as treatment developed to assist adults in coping with the effects that come from experiencing trauma. The trauma(s) may have occurred at any point in the individual's life and may have occurred once or many times. The trauma(s) may be witnessed or experienced and can occur in many forms including physical abuse, sexual abuse or assault, neglect, domestic violence, community violence, war, and natural disasters.

Many parents and caretakers involved in the child welfare system experienced trauma themselves in their childhood or adolescence and have never received treatment related to these experiences. This parental/caregiver trauma history can hinder proper family functioning, social support, nurturing, and attachment. Research finds that more than half of all adults in the United States will experience a traumatic event at some point in their lives. Though not all of these individuals will require formal intervention, due to differences in resiliency (i.e., the ability to handle traumatic situations), some may require treatment to mitigate negative outcomes.

Trauma Treatment (Adult) topic area criteria:

- **Target population:** Adults who have experienced trauma
- **Services/types that fit:** Typically outpatient services, either individual or group
- **Delivered by:** Mental health professionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target trauma treatment as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines trauma-related outcomes, such as changes in symptom levels, behaviors, and/or functioning



The table below provides a summary of the rated programs currently listed in the [Trauma Treatment \(Adult\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Cognitive Processing Therapy (CPT)	Adults who have experienced a traumatic event and are currently suffering from the symptoms of posttraumatic stress disorder (PTSD) and/or meet criteria for a diagnosis of PTSD	1	Medium
Eye Movement Desensitization and Reprocessing (EMDR)	Adults who have experienced trauma and may experience posttraumatic stress disorder (PTSD), post-traumatic stress, phobias, and other mental health disorders	1	Medium
Narrative Exposure Therapy (NET)	Adult survivors of organized violence, war, conflict, torture, man-made and natural disasters, civil trauma as well as childhood sexual/physical abuse, mistreatment and neglect	1	Low
Prolonged Exposure Therapy for PTSD for Adults (PE)	Adults with a variety of traumas such as combat, sexual assault, car accidents, violent crimes, and acts of terrorism	1	Medium
Seeking Safety (Adult version)	Adults who have a history of trauma and/or substance abuse	2	Medium
Beyond Violence (BV)	Women in criminal justice settings (jails, prisons, and community corrections) with histories of anger, aggression and/or violence	3	Medium
Brief Eclectic Psychotherapy for PTSD (BEPP)	Adult patients suffering from posttraumatic stress disorder (PTSD); developed for police officers, now used for all kinds of patients with PTSD	3	Medium
Center for Mind Body Medicine (CMBM) Small Group Model for Adults	Adults who have experienced psychological trauma; can also be used with adults suffering from depression, anxiety, stress, or chronic illnesses	3	Low
Creating Change	Adults ages 18 and above who have experienced trauma and addiction	3	Medium

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
EEG Neurofeedback (Adults)	Adults who have been traumatized and suffer from posttraumatic stress disorder (PTSD) or the symptoms of PTSD	3	Medium
Exploring Trauma+: A Brief Intervention for Men and Gender-Diverse People (ET+)	Adults who experience the world from a male perspective and have experienced trauma	3	Medium
Infra-Low Frequency (ILF) Neurofeedback	Adults who have been traumatized and adults suffering from PTSD or symptoms of PTSD	3	Low
Mom Power®	Mothers of child(ren) ages 0 to 6 years, where the mothers are experiencing adversity, have past experiences of trauma or abuse, and/or current mental health challenges	3	Medium
Progressive Counting (PC)	Adults who have experienced trauma	3	Low
Skills Training in Affective and Interpersonal Regulation plus Modified Prolonged Exposure (STAIR/MPE)	Adult survivors of childhood or chronic interpersonal violence	3	Medium
Trauma Affect Regulation: Guide for Education and Therapy for Adults (TARGET)	Adults with posttraumatic stress disorder (PTSD)	3	Medium
Trauma Recovery and Empowerment Model (TREM)	Women who have a history of sexual, physical, and/or emotional abuse and can have severe mental health problems and frequent co-occurring substance abuse issues	3	Medium