



# THE INTERGENERATIONAL TRAUMA TREATMENT MODEL

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## **The Intergenerational Trauma Treatment Model- 5-Day Intensive Training, Banff Alberta**

**Foundational Text: *Re-Circuiting Trauma Pathways in Adults, Parents, and Children: A Brain-Based, Intergenerational Trauma Treatment Method* (Routledge, 2018)**

\*\*Available through Routledge and Amazon

According to the World Health Organization, 40 million young people experience maltreatment before their 14th birthday. In the U.S., caregivers—including grandparents, aunts, uncles, siblings, biological and non-biological parents and community elders—are the source of this maltreatment in 83.9% of all cases. Traumatic impact rooted in maltreatment, neglect and abuse within a child’s primary caregiving system clearly has multiple adverse effects on the developing child (Van der Kolk, 2005). The intergenerational transmission of these effects perpetuates the cycle, thereby making diagnosis and treatment of caregiver[s] as critical to individual and societal healing as treatment of the currently-suffering child.

Grounded in original research, experiential practice, and mathematical principles of logic, the Intergenerational Trauma Treatment Model (ITTM) is the outcome of 20 years of study and practice in the field. The model emphasizes up-to-date trauma theory, the development of specialized clinical skills, and the replicability of methods. ITTM theory describes how mathematical principles mirror the brain’s automatic drive to establish self-beliefs. When the brain’s formulation of its first negative self-belief is accurately defined and mapped with advanced CBT diagrams, a relatively rapid, effective and sustainable reconstruction of primary negative self-beliefs in children, youth, adults and caregivers occurs. The ITTM is the only known treatment that treats the unresolved trauma impact and negative self-beliefs in Caregivers, prior to treating the child or adolescent. Because the ITTM targets complex trauma and focuses on its potential for resolving intergenerational trauma transmission, it is also one of the first treatment models being applied in Indigenous populations that have suffered historic subjugation. The ITTM is identified as the primary method of trauma treatment in child and family mental health clinics across Canada and the U.S.

The 5-day Intensive Training offers step-by-step training, delivery and hands-on practice of selected interventions within each of the ITTM’s three phases, including the theory and method for deconstructing and reconstructing negative self-beliefs. The ITTM’s newly released text, *Re-Circuiting Trauma Pathways in Adults, Parents and Children: A Brain-Based Intergenerational Treatment Method* (Routledge, 2018) will inform and guide the session.

The resolution of trauma impact and negative self-beliefs has far-reaching implications for the mental health of caregivers, children, families, communities, health and service delivery systems everywhere. The ITTM’s effective application serves a valuable function toward positive societal change to that end.

