



# Treating Complex Trauma in Adolescents and Young Adults

*John N. Briere, Cheryl B. Lanktree*

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**Treating Complex Trauma in Adolescents and Young Adults** John N. Briere, Cheryl B. Lanktree  
Treating Complex Trauma in Adolescents and Young Adults is the first empirically-validated, multi-component manual to guide practitioners and students in the treatment of multi-traumatized adolescents and young adults. Best-selling author, John Briere, and renowned clinician, Cheryl Lanktree, outline a hands-on, culturally-sensitive approach to the most challenging of young clients: those suffering from complex trauma histories, multiple symptoms, and, in many cases, involvement in a range of problematic behaviors. This model, *Integrated Treatment of Complex Trauma for Adolescents (ITCT-A)*, integrates a series of approaches and techniques, which are adapted according to the youth's specific symptoms, culture, and age. Components include relationship-building, psychoeducation, affect regulation training, trigger identification, cognitive processing, titrated emotional processing, mindfulness training, collateral treatments with parents and families, group therapy, and system-level advocacy.

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