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Trauma Model

# Arc Trauma Model

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**trauma model** below.

*ARC Approach to  
Treating Complex  
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& Adolescents -  
Kristine  
Kinniburgh—J  
Seminars ARC  
Trauma Informed*

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~~Margaret Blaustein~~  
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HOW I REQUEST  
ARCS \u0026amp; HOW I  
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REVIEWING BOOKS  
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How to Create Model  
Character Arcs  
Writing Strong  
Characters - The  
Important Distinction  
Between Want and  
Need **Attachment,**  
**Regulation, and**  
**Competency (ARC)**  
**Framework for**  
**Treating Complex**  
**Trauma in Children**  
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Trauma-informed  
Care: Youth Sexual  
and Non-Sexual  
Violence Experiences  
and the ARC model  
Joan Hunter- Healing  
In The Bloodline  
Trauma-Informed  
Care for Children: The  
ARC Model Arc  
Trauma Model  
The Attachment,  
Regulation and  
Competency (ARC)

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Framework is a flexible, components-based intervention developed for children and adolescents who have experienced complex trauma, along with their caregiving systems. ARC's foundation is built upon four key areas of study: normative childhood development,

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Traumatic stress,  
attachment, and risk  
and resilience.

What is ARC? – ARC  
Framework  
arc The Attachment,  
Self-Regulation, and  
Competency (ARC)  
framework  
(Kinniburgh &  
Blaustein, 2005;  
Blaustein &  
Kinniburgh, 2010) is a

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**Treatment Model**  
treatment model  
developed to provide  
a guiding framework  
for thoughtful clinical  
intervention with  
youth who have  
experienced complex  
trauma and their  
caregiving systems.

ARC - Complex  
Trauma Treatment  
Network

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The ARC Framework was developed for children and adolescents who have been impacted by complex trauma, and their caregiving systems. Complex trauma includes a range of stressful experiences which are typically chronic and interpersonal in nature, and may

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Trauma Model  
affect many different areas of a child or adolescent's life.

ARC is both a clinical framework, used to guide treatment intervention, and an organizational framework, used to support trauma-informed care in child- and family-serving systems.

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Who is ARC Intended

For? – ARC

Framework

Formation sur le

trauma et le modèle

d'intervention ARC

10 Conceptual Model:

The Impact of ARC

Offering a common

vision of trauma

(knowledge). Offering

a set of concrete tools

to use with trauma -

impacted youth (Know-

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how). Enhance caregiver and professional self-efficacy. Diminish negative interactions with youth. Decrease problem behaviours and

## THE ATTACHMENT SELF-REGULATION AND COMPETENCY (ARC) MODEL

There is a growing



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body of research highlighting the benefits of ARC when working with trauma-impacted youth. The Research at a Glance Analysis of child outcomes in two residential schools employing ARC with youth ages 12 to 18 over a 6-month period demonstrated clinically significant

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Reductions in PTSD symptoms (UCLA PTSD Reaction Index) and internalizing and externalizing behavior (Child Behavior Checklist).

Research – ARC  
Framework  
Attachment, Self-  
Regulation, and  
Competency (ARC):

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## Trauma Model Overview of a

components-based  
intervention model for  
complex childhood  
trauma ARC

Developed by Kristine  
Kinniburgh, LICSW  
Margaret E. Blaustein,  
Ph.D. The Trauma  
Center at Justice  
Resource Institute  
Presented by  
Margaret E. Blaustein,  
Ph.D.

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Trauma Model

Attachment, Self-  
Regulation, and  
Competency (ARC ...

ARC: Attachment,  
Self-Regulation, and  
Competency: A

Comprehensive  
Framework for  
Intervention with

GENERAL  
INFORMATION

Complexly

Traumatized Youth

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**Essential Model**  
Components  
continued Key  
components: ARC  
identifies three  
primary domains  
(Attachment, Self-  
Regulation, and  
Competency); and a  
fourth domain  
(Trauma Experience  
Integration) which

**ARC: Attachment,**  
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Self-Regulation, and  
Competency: A ...

ARC is a charitable organisation set up in 2017 with a mission to support all schools to be attachment and trauma aware by 2025. Our Approach  
The ARC supports the development of best attachment and trauma aware practice in education in order

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to benefit everyone's  
mental health and  
well-being.

Attachment & Trauma  
Aware approaches in  
education | ARC

The ARC helps these  
families by providing  
them with a different  
understanding of  
themselves,  
equipping them with  
ideas, strategies and

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the strength to make  
changes and progress  
toward a happier...

ARC interventions |  
Hertfordshire County  
Council

ARC Statement on  
racism, systems of  
oppression, and  
trauma, released  
June 8, 2020. We  
have added a number  
of resources on use of



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ARC via telehealth  
here . We continue to  
add new handouts, so  
please check back for  
new content!

ARC Framework –  
Attachment,  
Regulation and  
Competency  
Providers may use  
ARC very differently,  
depending on their  
background, training,

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and context. Mental health providers are most likely to use ARC as a clinician intervention, to guide therapy with individual clients, with parents or other caregivers, and with family systems.

What is a Provider? –  
ARC Framework  
ARC - Complex

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## Trauma Treatment

Network The ARC model is an evidence based framework that aims to heal trauma wounds by raising awareness about trauma and its impact for children, professionals, and caregivers. There are 10 building blocks upon which the ARC framework are built

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Trauma Model  
(see image below). Attachment,  
Self-Regulation, and  
Competency ...

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ARC Reflections  
Training Program  
Because foster  
parents play a critical

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**Trauma Model**  
role in supporting children in foster care, who often have experienced trauma, the Casey Foundation developed ARC Reflections, a nine-session program that child welfare agencies can use to train foster parents to better care for children who have had traumatic experiences.

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Trauma Model  
ARC Reflections  
Training Program -  
The Annie E. Casey

...

Therapeutic and trauma-informed models of care are, therefore, increasingly being adopted within out-of-home care settings. Three interventions were included in the review.

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**Trauma Model**  
All focus on the provision of frameworks (or guiding principles) that enable more trauma-informed practice to be embedded into organisations. How is it meant to work?

Trauma-informed models in out-of-home care - What



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## Works ... Trauma Model

The ARC model helps caregivers and providers develop routines and rituals that give predictability to the child and a 'felt sense of safety' at home and at school, and the rituals give rhythm to life over time.

Margaret Blaustein

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and the ARC Model -

SMARTMoves

Partners

ARC is a core

components

framework designed

to support

organizational change

in agencies that work

with youth and

families who have

experienced complex

trauma. The

framework is

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organized around the  
core domains of  
attachment (i.e.,  
building safe  
caregiving systems),  
regulation (i.e.,  
supporting youth  
regulation across  
domains), and  
developmental  
competency (i.e.,  
supporting factors  
associated with  
resilient outcomes);

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and is designed to be  
translatable across  
service systems.

Attachment,  
Regulation, and  
Competency (ARC)  
[Trauma ...  
Discusses the  
Attachment, Self-  
Regulation, and  
Competency (ARC)  
model, a flexible  
intervention for

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Children with complex trauma. This webinar describes how the intervention can address a continuum of exposures, including ongoing exposure, as well as how the intervention addresses individual, familial, and systemic needs and strengths.

ARC: Attachment,  
*Page 37/39*

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Self-Regulation and  
Competency: A ...

ARC is a core components framework designed to support individual/familial/dyadic intervention with youth and families who have experienced complex trauma within a wide range of systems.

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