

# **Increasing Trauma-Responsive Knowledge and Practical Skills: A Webcourse for Caregivers of Youth Experiencing Sex Trafficking and Exploitation**

*Presented by UC Davis Children's Hospital CAARE (Child and Adolescent Abuse Resource Evaluation) Center and California Department of Social Services*

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Here is a list of questions that you can ask the youth's provider to help determine if the clinician can provide trauma treatment, along with potential answers.

## **Do you screen for trauma events and trauma-related symptoms? If so, how?**

"Yes, we use both clinical interviewing and standardized questionnaires to determine if a client has had trauma exposure and trauma-related symptoms."

## **Does your agency use research-based trauma treatments? Is there anyone certified in trauma treatment?**

"We do use research-based treatments such as Trauma-Focused Cognitive Behavioral Therapy. Some of our clinicians are certified in the treatment and some clinicians are working towards certification."

## **During treatment, do you talk about trauma with your clients?**

"Yes, we understand that talking about trauma in treatment when it is relevant is very important to reduce avoidance, shame, and guilt and reduce trauma-related symptoms. "

## **How long does trauma treatment typically last?**

"For some clients, treatment can be relatively short term such as 12-30 weekly sessions. For other clients especially those who have endured complex trauma and have a complex trauma symptoms presentation, may need longer term treatment."

## **Are caregivers included in trauma treatment?**

"Yes. We believe that safe and supportive caregivers are a large part of the trauma healing process and your youth's clinician should meet with you regularly and you will be an active part of trauma treatment. Of course, there will be some things we need to keep confidential based on your youth's preferences. This does not include safety and risk issues."