

## Skills Training in Affective and Interpersonal Regulation/Narrative Story-Telling (STAIR/NST)

<p><b>Program Description</b></p>	<p>STAIR/NST is a two-module treatment that (1) reduces symptoms of PTSD and other trauma-related symptoms, including depression and dissociation, and (2) builds and enhances specific social and emotional competencies that are frequently disturbed in youth who have experienced multiple and/or sustained trauma</p>
<p><b>Target Population</b></p>	<p>Adolescent girls, 12-21, who have experienced sexual/physical abuse and a range of additional traumas, including community violence, domestic violence, and sexual assault. It has been rated by teens as appropriate and acceptable to ethnically diverse teen populations (African American, Hispanic, and White).</p>
<p><b>Essential Components</b></p>	<p>The STAIR component comprises 10 sessions conducted in group or individual format that target social and emotional competency building. The key interventions used during these sessions are emotional regulation skills, social skills development, positive self-definition exercises, and goal setting and achievement. The second phase of treatment, the NST component, comprises six sessions, always individual, which focus on the emotional processing of the traumas in detail and in the context of developing a positive life narrative and future plan.</p>
<p><b>Trainings &amp; Program Material</b></p>	<p>One-day workshops that include manual, worksheets, and treatment materials. This is followed by weekly supervision via phone and one monthly in-person group supervision for the duration of the treatment for the therapist's first case. A video workbook is under development.</p>
<p><b>Outcomes/ Evaluation</b></p>	<ol style="list-style-type: none"> <li>1. Completed RCT of STAIR/NST for adult women with CSA/CPA (n = 56)</li> <li>2. Ongoing Community RCT for adolescent girls in a residential school setting (STAIR/NST vs. Usual Care)</li> <li>3. Ongoing study of school-based STAIR/NST as a group intervention for high school and middle school girls with versus without trauma history.</li> </ol> <p>Data for adolescents indicate (1) reduction in PTSD symptoms, depression, and dissociation, (2) improvement in emotion regulation capacities and social skills, and (3) no change in academic performance.</p>

<b>Replications</b>	None
<b>Anecdotal Observations</b>	<ol style="list-style-type: none"> <li>1. Therapists like the manual and having treatment materials.</li> <li>2. Flexibility of use: Therapists can use STAIR alone or with NST depending on the needs of the adolescent. STAIR can be repeated as many times as desired.</li> <li>3. Implementation: The program provides skills enhancements that are useful for girls with a range of interpersonal traumatic experiences, including domestic and community violence. Initial inquiry indicates that the program may be effectively implemented by teachers and guidance counselors.</li> </ol>
<b>Program Developer</b>	Institute for Trauma and Stress NYU Child Study Center Stress
<b>Contact Information</b>	<p>Marylène Cloitre, PhD  Cathy and Stephen Graham Professor  of Child and Adolescent Psychiatry  Director, The Institute for Trauma and Stress  The NYU Child Study Center  215 Lexington Avenue, 16th Floor  New York, New York 10016  Tel: 212-263-2471  FAX: 212-263-2476  <a href="mailto:marylene.cloitre@med.nyu.edu">marylene.cloitre@med.nyu.edu</a></p>

This project was funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.