

TARGET: ADAPTABILITY AND ACCESSIBILITY

■ What is the history of TARGET?

The TARGET model was developed by Julian Ford, PhD, a clinical psychologist and Professor of Psychiatry at the University of Connecticut in partnership with the National Institute of Mental Health. The TARGET model has been committed to serving child welfare, youth and adult justice systems, homelessness, integrated health systems and community-based care organizations. Many important underserved groups of individuals are the targeted focus of providing access to this strength-based approach.

■ How did TARGET developers proactively reach out to, center, amplify, and learn from the voices of those most impacted by racism and trauma?

The dissemination team has partnered with expert organizations, led by those most impacted by racism and trauma, to review/revise treatment and training materials to be responsive and inclusive.

■ What is the role of TARGET providers in tailoring the model for individuals, families, and communities?

TARGET must be responsive to the needs/perspectives of different ethnocultural backgrounds and developmental phases. Examples and exercises must fit the interests, strengths, and needs of each participant without making stereotypic assumptions.

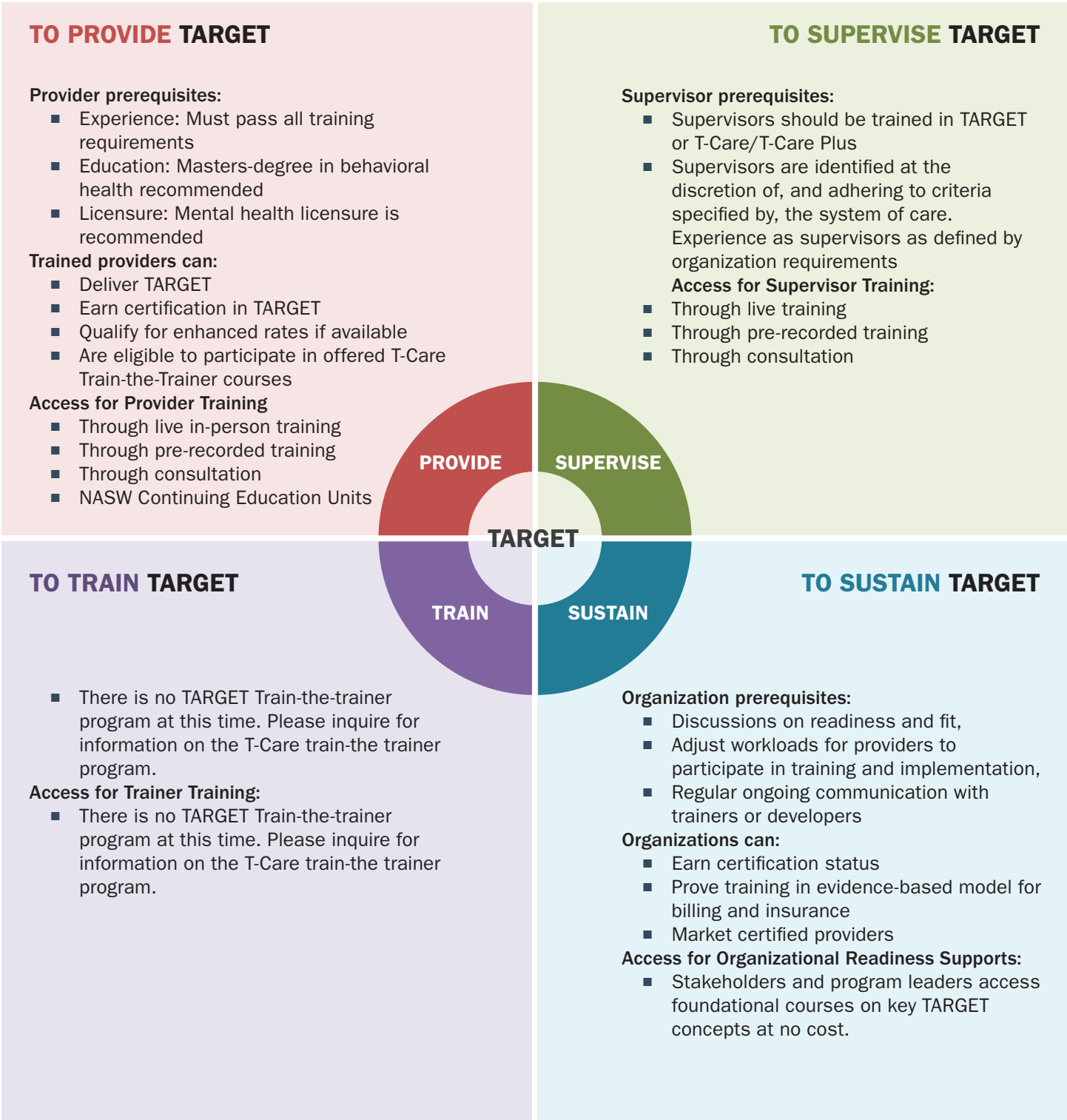
■ How are lessons learned from individuals, families, communities and providers used to keep improving TARGET?

Participant/provider feedback is solicited at regular intervals throughout the implementation process. This feedback is incorporated to provide more responsive treatment manuals, presentations, and training materials.

■ Resources and materials are available:

- In more than one language – Spanish. Translations were done by professional translation service.
- In more than one format (multiple select below):
 - The TARGET manual includes the use of drawing, games, exercises, and therapeutic art projects to facilitate interaction, accommodate different learning styles, and assist with the expression of thoughts and feelings. Facilitators are encouraged to incorporate creative exercises to the sessions as well, to individualize the treatment and make it more meaningful to each client.
 - Session materials are formatted so they do not rely solely on verbal communication and traditional didactic methods. Instead, information is shared in a range of modalities through various “focusing” and “experiential” exercises. Providers are encouraged to provide opportunities within the session for the participants to manage anxiety and to aid in the learning process. Having materials such as soft balls, colored pens and paper, clay, or play dough that a participant can manipulate or draw with while engaging in the session can be helpful. Also, letting the participant know that they can get up and move around the room during the session may help them feel a greater sense of control.
- For more information on adaptation and access, please see www.atspro.org... or email support@advancedtrauma.com.

**TARGET:
PROVIDING, SUPERVISING, TRAINING, AND SUSTAINING**



TARGET: MORE ON PROVIDING, SUPERVISING, TRAINING, AND SUSTAINING

PROVIDE TARGET

- **Training cost:** Licensed mental health providers may independently, individually, purchase seats in the web-based, hybrid TARGET training. TARGET training is \$800/seat and includes all materials needed to provide TARGET and T4 in individual or group format.
- **Time Commitment:** TARGET Training is approximately 18 hours of web-based coursework or a minimum of 2-days of live, educational instruction.
- **Additional Details:** ATS Pro has a quality assurance process to maximize fidelity, the integrity of delivery, and adherence and competence by providers. Certification in the model takes place over a minimum one-year period to facilitate learning and build confidence.

SUPERVISE TARGET

- **Training cost:** T-Care Plus is the training available for supervisors of direct care staff. Training is offered on a per-cohort basis and includes post-training coaching. The cost per cohort is approximately \$6,000.
- **Time Commitment:** Supervisors commit to a 6-month engagement of training and post-training coaching when enrolled in T-Care Plus.
- **Additional Details:** It is good practice for providers facilitating TARGET groups to have access to regular consultation/supervision. It is recommended that those providing professional consultation/supervision to TARGET Facilitators be trained/certified in TARGET. It is recommended that supervisors of clinical staff attend TARGET training and receive post-training coaching to achieve Certification. Supervisors who do not provide therapeutic services to clients are eligible for Provisional Certification in the TARGET model.

TRAIN TARGET

- **Training cost:** There is no TARGET Train-the-trainer program at this time. Please inquire for information on the T-Care train-the-trainer program.
- **Time Commitment:** There is no TARGET Train-the-trainer program at this time. Please inquire for information on the T-Care train-the-trainer program.
- **Additional Details:** There is no TARGET Train-the-trainer program at this time. Please inquire for information on the T-Care train-the-trainer program.

SUSTAIN TARGET

- **Training cost:** ATS Pro offers live, in-person, live, web-based and hybrid, web-based training options. On average, TARGET training is approximately \$800 per facilitator, including all materials needed to lead group and individual sessions in both TARGET and T4.
- **Time Commitment:** TARGET/T4 Training requires a commitment of at least 2 days of training. Certification in the model is a year-long process that includes post-training coaching and assessment.
- **Additional Details:** Written documents describing the scope of services and an organizational assessment of readiness form the basis for pre-implementation project planning.

To learn more about providing, supervising, training, or sustaining, please email: support@advancedtrauma.com.
For additional resources and related products, please explore: www.atspro.org

The Trauma Affect Regulation: Guide for Education and Therapy (TARGET): At-A-Glance was reviewed and approved for accuracy by Julian Ford (Model Developer) and Katy Reid (Model Representative) in July 2024.

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