

Attachment, Self-Regulation, and Competence* (ARC): A Common-Sense Framework for Intervention with Complexly Traumatized Youth

(* Formerly, Attachment, Regulatory Capacity, and Competency)

Program Description	ARC is a guideline for individuals working with traumatized children in the community. ARC proposes systematic interventions that are based in phase-oriented treatment approaches. Interventions focus on building secure <u>a</u> ttachments, enhancing self <u>r</u> egulatory capabilities, and increasing <u>c</u> ompetencies across multiple domains.
Target Population	ARC targets both male and female participants ranging from early childhood through school age and teenagers (15–17). Participants to date represent all race/ethnicity categories except American Indian, Alaska Native, and Asian children. ARC targets children who have experienced chronic trauma such as sexual abuse, physical abuse, neglect, domestic violence, and community violence. Presenting problems typically include anxiety symptoms, depression, PTSD symptoms, bereavement/traumatic grief, sexualized behaviors, and multiple functional impairments.
Essential Components	<p>Each area of focus (attachment, regulation, and competency) is grounded in trauma-informed interventions, techniques, and auxiliary treatment methods. Based upon the child/adolescent’s needs and strengths, the practitioner chooses appropriate interventions from a menu. Therapeutic procedures include psycho-education, relationship strengthening, social skills, and parent-education training as well as psychodynamic, cognitive, behavioral, relaxation, art/expressive, and movement techniques.</p> <p>The number of sessions, frequency, and duration all vary depending on client needs. ARC can be used in clinic, school, or community settings (transitional housing for homeless clients who have experienced domestic violence).</p>

Trainings & Program Material	Training programs in the ARC framework are in the early stages of development and have been piloted with a range of practitioners.
Outcomes/ Evaluation	Initial formal evaluation is in progress. Evaluation of an adapted version of ARC will begin in 2005. Informal evaluation suggests that the framework is successful in increasing ability to regulate affect as demonstrated by fewer suspensions and aggressive outbursts, increasing ability to regulate attention as demonstrated by increased time spent on academic tasks, increased affiliation and group cohesion as demonstrated by fewer peer conflicts, and increased compliance with rules and expectations, which may suggest improvement in adult-child attachment relationships.
Replications	ARC has not been replicated at other sites.
Anecdotal observations	None
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