WELCOME!

Please enter your name and email in the chat to verify your attendance for CEU's. Please ensure your Zoom Name matches the name you enter in the chat.

If you are joining as a group, please enter the name of your group with each attendees name and email.

Note: This meeting is being recorded for the purpose of creating a training video that your UCC can use in the future.

STAIR-Well

SKILLS TRAINING IN AFFECTIVE AND INTERPERSONAL REGULATION (STAIR) NARRATIVE THERAPY (SNT)

DAY 2
CHRISTIE JACKSON, PH.D.
MARYLENE CLOITRE, PH.D.

STAIR INSTITUTE

WELCOME BACK!

Day 2 Focus*

- Complete 10 Session STAIR Review
- How and with whom to use STAIR
- Delivery Options: Individual, group, brief and web-based STAIR
- Review of 8 Session Narrative Therapy
- Self-Care

* Sensitive material related to description of traumatic events is included in this training

Skills Practice with Feelings Monitoring Form

Triggering Situation	Feeling	Intensity (0-10)	Thoughts	Behavior or Coping Strategy	Intensity After Strategy	Effective?

Skills Practice with Relationship Patterns Worksheet-2

Interpersonal Situation	What did I feel and think about myself?		What were my expectations about the other person?		My Resulting Behavior
What happened?	My Feelings	My Thoughts	Their Feelings	Their thoughts	What did I do?
Interpersonal Goals for Situation. *What are my goals in this situation?*	Alternative Beliefs and Feelings about Myself. *What else could I feel and think about myself?*		Alternative Beliefs and Feelings about the Other Person. *What else might I expect the other person to feel and think?*		Alternative Actions *What else could I do? What else might they do?*
	My Feelings	My Thoughts	Their Feelings	Their Thoughts	

 Old Model   New Model

10 SESSION STAIR REVIEW CONTINUED

THE RESOURCE OF HOPE

Session　　1:　Introduction to Treatment (motivation and engagement)

THE RESOURCE OF FEELINGS

Session　　2:　Emotional *Awareness*

Session　　3:　Emotion *Regulation* - Focus on Body

Session　　4:　Emotion *Regulation* - Thoughts and Behaviors

Session　　5:　*Emotionally Engaged Living*

THE RESOURCE OF CONNECTION

Session　　6:　Understanding Relationship Patterns

Session　　7:　Changing Relationship Patterns - Increasing Assertiveness

Session　　8:　Changing Relationship Patterns - Flexibility and Managing Power

**Session　　9:　Changing Relationship Patterns - Increasing Closeness**

Session　　10:　Successes, Challenges and Self-Compassion

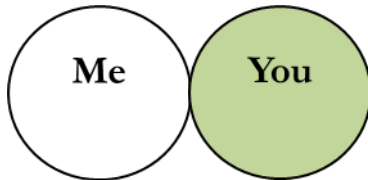# Session 9: Changing Relationship Patterns - Increasing Closeness

- Identify problems with closeness

- Select skill from Increasing Closeness Summary Sheets

- Complete Relationship Patterns Worksheet-2

- Generate alternatives and role play

Boundaries in Relationships – Problems with being Close

Going From This
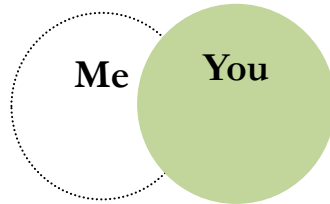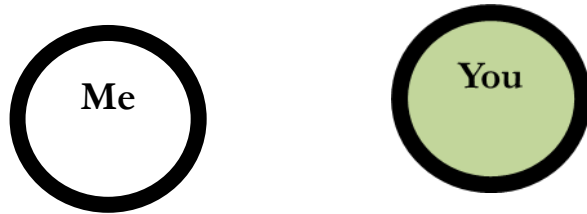
To This

DISTANT

Pros
- Low or no conflict
- Feel protected and safe

Cons
- Lonely

TOO CLOSE
Being Co-Dependent

Pros:
•Feel connected and "in-sync"
•May feel support sometimes

Cons:
•Lack of support around your priorities
•Lose sense of unique identity
• Not getting your needs/goals met
•Not enough self-reliance

Healthy Boundaries (balanced agency)

Pros
- Feel connected
- Feel support, despite differences
- Feel safe

What Creates Emotional Distance and Ruptures?

Me | **You**

What leads people to create emotional distance in relationships?
Fear of being overwhelmed or bullied by the other person.
Shame that I will be seen as a worthless person or defective.
You can't really trust other people.
People are no good, a waste of time.

What specific behaviors create emotional distance?
Not sending texts
Not calling friends or loved ones
Not showing up even when I said I would.
Getting angry, yell at and insult others

How to Repair Relationships after a Fight or Conflict

- Ask if person is willing to talk about it
- Acknowledge last contact did not go well
- Convey our respect and caring for other person
- Acknowledge the mistakes that you think you cause
- Share your feelings in respectful way
- Ask how the other person felt about what happened
- Ask for clarifications
- Ask if you can make amends and ask other person to make aments
- Discuss how you can avoid similar situations

Levels of Intimacy

- Repairing After a Fight
- Expressing a Feeling
- Building New Relationships and Social Support

Role-Playing

- Role-playing allows clients to experiment with different ways of interacting in relationships

- Role-playing allows clients to practice difficult interactions with the therapist and receive immediate feedback in a safe environment

- Role-playing gives the therapist and client a shared sense of what a particular situation is actually like.

Video
Role-Play Sequences

Breakout Room Practice: Role-Playing Steps

Begin by Identifying a Relevant Interpersonal Situation

1. First role-play sequence: Client plays self and clinician plays other person

2. Second role-play sequence: Client plays other person and clinician plays the client

3. Third role-play sequence: Client plays self and clinician plays the other person

THE RESOURCE OF HOPE

Session   1: Introduction to Treatment (motivation and engagement)

THE RESOURCE OF FEELINGS

Session   2: Emotional *Awareness*

Session   3: Emotion *Regulation* - Focus on Body

Session   4: Emotion *Regulation* - Thoughts and Behaviors

Session   5: *Emotionally Engaged Living*

THE RESOURCE OF CONNECTION

Session   6: Understanding Relationship Patterns

Session   7: Changing Relationship Patterns - Increasing Assertiveness

Session   8: Changing Relationship Patterns - Flexibility and Managing Power

Session   9: Changing Relationship Patterns - Increasing Closeness

Session   10: Successes, Challenges and Self-Compassion

Session 10: Summary of Achievements and Self-Compassion

- Review ways client is experiencing and managing emotions differently (how did you manage emotions before STAIR – and now?)
- Review ways client is approaching relationships differently (how did you handle relationships before STAIR - and now?)
- Identify skills that client can make a commitment to continue practicing in each of the channels
- Practice compassion exercise together

Changes in Experience of Emotions

Before STAIR, I experienced my emotions:

We then explored ways that could change how you managed your emotions. :

What are some ways you are experiencing your emotions differently?
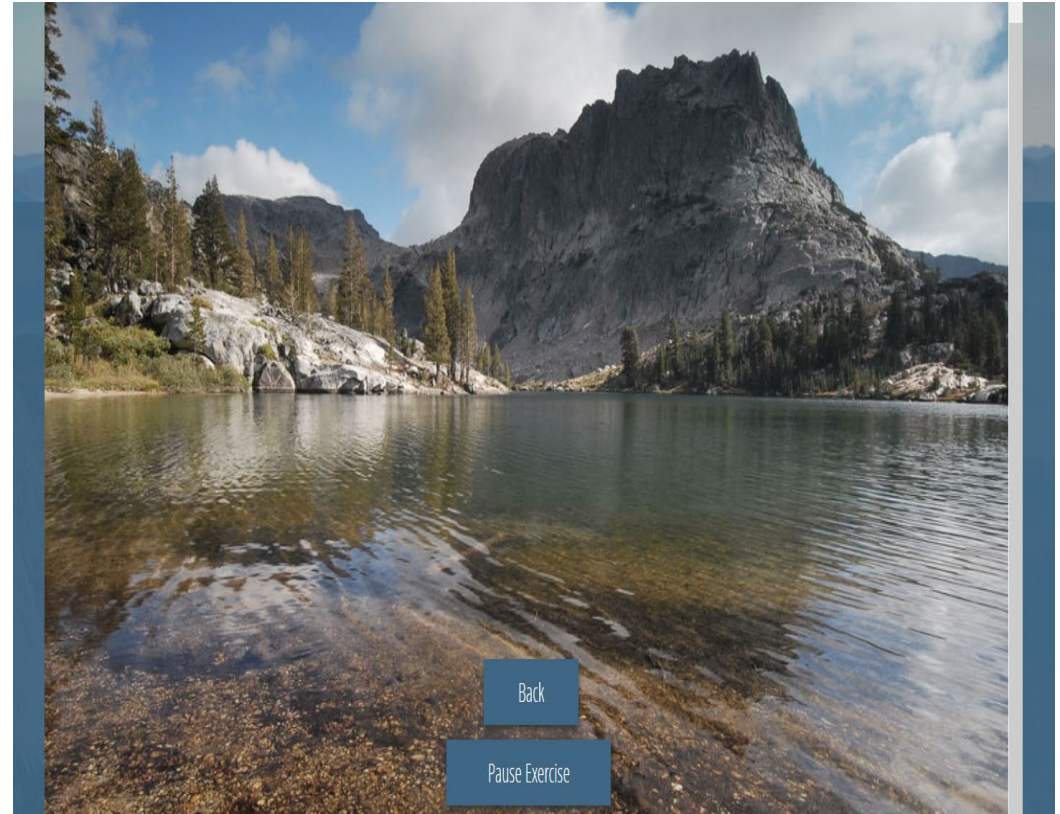
Changes in Relationships and "lessons learned"

What are some ways you are approaching relationships differently in what you believe, feel, and do?

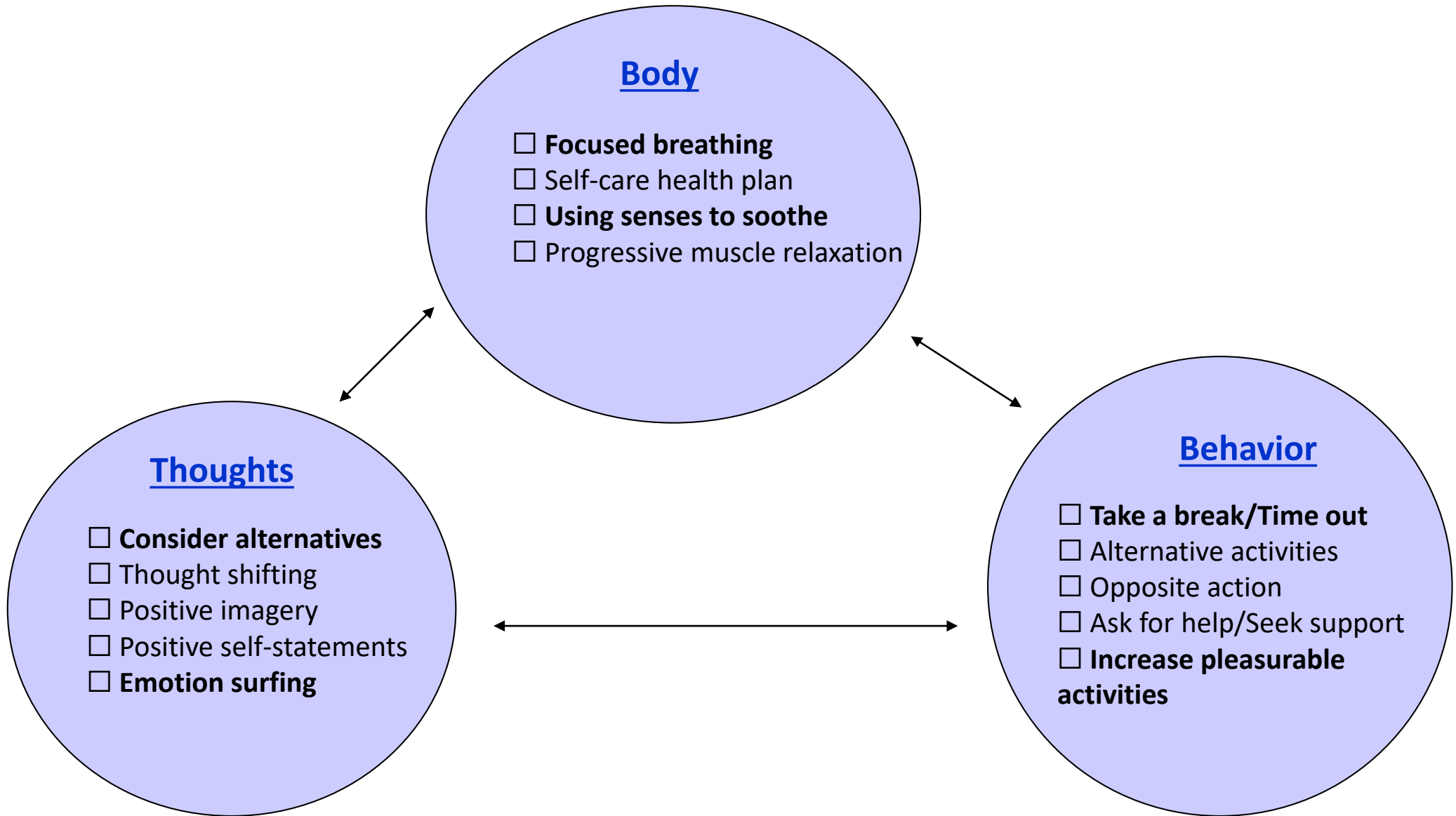|	
What are the most important lessons you learned?	
What lessons felt most helpful?	
How have your thoughts, emotions, and behaviors changed?	

Successes, Challenges and Self-Compassion

...Imagine yourself. See all the parts of yourself. View the parts that represent some of the positive aspects of yourself, such as Happiness, joy, pleasurable feelings, positive beliefs, loving memories. What do you notice? Now, take a moment to view the painful parts of yourself, those that represent your distressing emotions, your fears, negative beliefs, or painful life experiences. What do you notice? Now imagine that these different parts of yourself start to struggle with each other. It's a long struggle that has been going on for many years. The painful parts are trying to find an advantage over the positive parts, while the positive parts desperately respond with all of their might to avoid being taken over and ignored. What do you notice?

Now imagine that instead of allowing the positive and painful parts of yourself to fight against each other, you allow them to exist together without needing to struggle. Rather than allowing the painful pieces to win and viewing yourself as all bad, worthless, or unloveable, allow yourself to hold all of these parts together with compassion. Imagine seeing yourself as a person with strengths and weaknesses and at the same time seeing yourself as deserving love, respect and compassion. Focus on what this experience feels like. View all the parts of yourself as a whole, without judgment

Back

Pause Exercise

Select Skills for Long Term Use

Body

- ☐ **Focused breathing**
- ☐ Self-care health plan
- ☐ **Using senses to soothe**
- ☐ Progressive muscle relaxation

Thoughts

- ☐ **Consider alternatives**
- ☐ Thought shifting
- ☐ Positive imagery
- ☐ Positive self-statements
- ☐ **Emotion surfing**

Behavior

- ☐ **Take a break/Time out**
- ☐ Alternative activities
- ☐ Opposite action
- ☐ Ask for help/Seek support
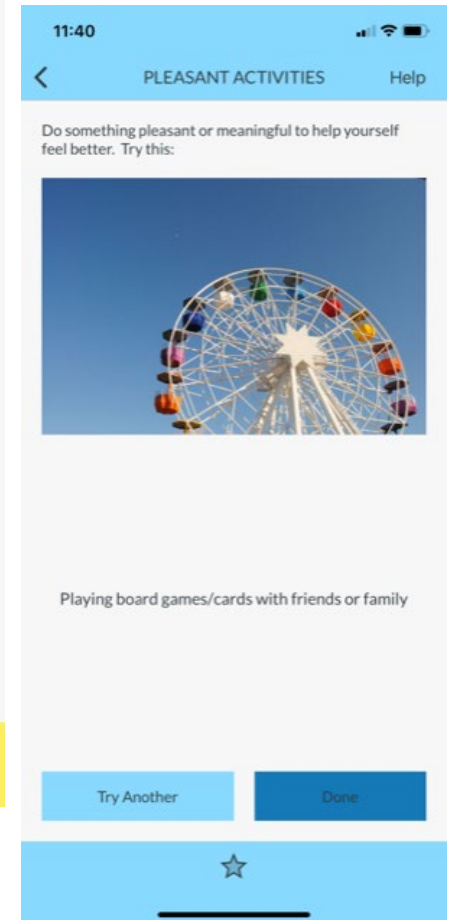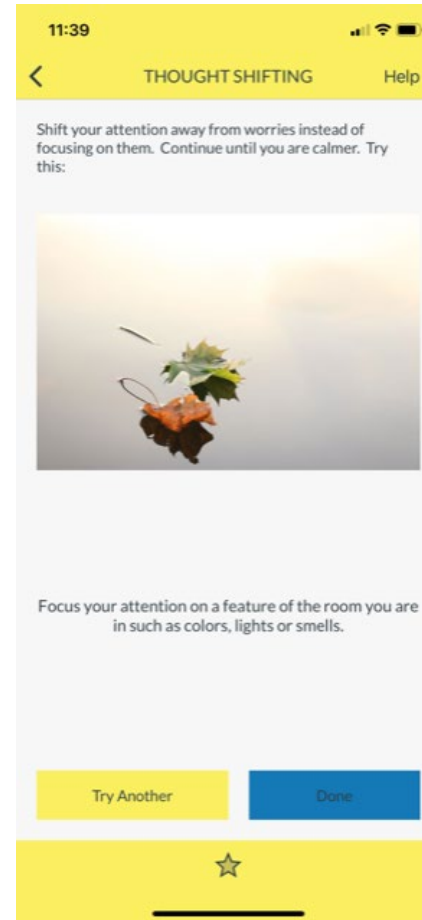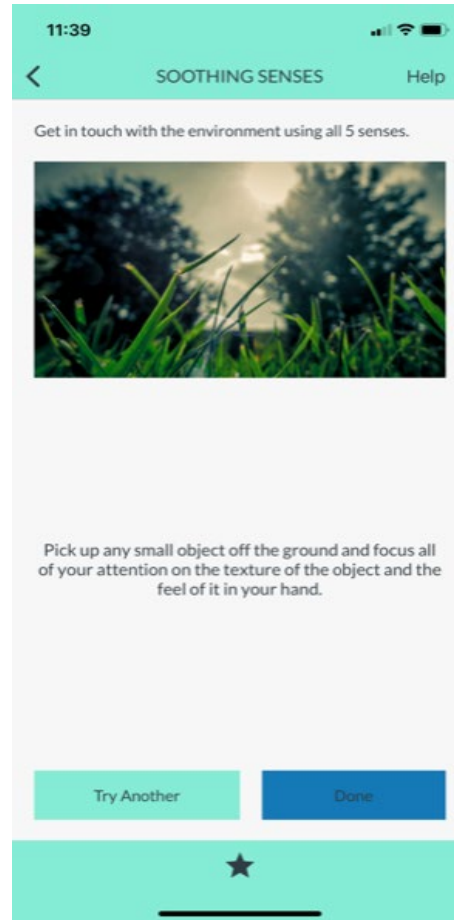- ☐ **Increase pleasurable activities**

STAIR is well adapted to use via technology

STAIR Coach available as a complement to your work in individual and group modalities

Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

STAIR Coach

Screen 1 — SOOTHING SENSES
11:39 SOOTHING SENSES Help

Get in touch with the environment using all 5 senses.

Pick up any small object off the ground and focus all of your attention on the texture of the object and the feel of it in your hand.

Try Another | Done

Screen 2 — THOUGHT SHIFTING
11:39 THOUGHT SHIFTING Help

Shift your attention away from worries instead of focusing on them. Continue until you are calmer. Try this:

Focus your attention on a feature of the room you are in such as colors, lights or smells.

Try Another | Done

Screen 3 — PLEASANT ACTIVITIES
11:40 PLEASANT ACTIVITIES Help

Do something pleasant or meaningful to help yourself feel better. Try this:

Playing board games/cards with friends or family

Try Another | Done

SENSITIVITY AND FLEXIBILITY IN DELIVERY

Addressing Identity and Intersectionality

STAIR supports exploration of identity and intersectionality across the entire treatment

- Session 2: Explore feelings and identities that could or could be shared (or not) during childhood, with family and a with social community. How do they differ? How have things changed?

- Session 4: Create relevant self-statements: *"Go where you are celebrated not merely tolerated."*

- Sessions 6+: Explore how interactions and relationship patterns may revolve around identity and others reactions. What are alternative patterns that can be aspired to?

- Session 5: Encourage engagement in activities/behaviors that enhance support.

Addressing Systemic and Structural Racism

STAIR helps each individual become aware that they have a CHOICE about how they want to respond to what they experience around them.

- Identify ways to build emotional and physical health (focused breathing, running, dancing/singing, social support) to manage chronic stressors

- Help client consider each situation and what specific reaction is optimal: *Different actions and reactions for different situations.* Relationship pattern worksheets can be used to address specific people or systems.

CLIENT SELECTION TREATMENT DECISIONS

Decisions about Treatment Assignment

Good Match to STAIR
- Trauma history
- PTSD symptoms, depression, dissociation, problems with emotion regulation, self-esteem, relationships
- Wants to focused on learning life skills
- Wants or accepts structured sessions
- Can commit to skills practice outside of session

Not a Good Match
- Uncontrolled bipolar disorder, psychotic symptoms
- Recent history of suicidal behavior or NSSI
- Wants a space to talk about whatever is on their mind
- Wants non-structured session
- Not interested in work outside of sessions

Choosing between STAIR and DBT

Domain	DBT	STAIR
Focus of Treatment	Suicidal and NSSI Behaviors	Functional Impairment in home, school or work life
Trauma history	Emotional abuse and emotional neglect most strongly associated with BPD	Chronic physical/sexual abuse, witnessing DV predictive of PTSD/CPTSD
Complexity and duration of Treatment	Multiple modalities 16-52 weeks	Single modality 6-24 weeks
Digital intervention option?	No – Not successful	Yes – Demonstrated success
Emotion Dysregulation	Appropriate and effective	Appropriate and effective
Relationships	Fears of abandonment, volatile and intense relationships . rapid engagement and deterioration	Difficulty managing conflict, appropriate assertiveness and expression of needs; Dismissive of relationships
Sense of Self	Unstable: Expressed changes in appearance, values, social groups	Relatively stable but consistently negative
Nightmares/ flashbacks, avoidance, hypervigilance	Can be integrated with trauma-focused treatment in stepwise fashion	Appropriate and effective

Group STAIR

Benefits of Group STAIR

- Richer relationship pattern formulation and alternatives

- Facilitates role play, shared learning

- Better skill generation (what to say, exactly)

- Members can call each other on avoidance

- Decreases isolation

- Increases self-compassion through compassion for others

Delivery of Group STAIR

- One therapist or facilitator

- 5-8 group members

- Use STAIR Coach to support work

Organization of 12-session Group STAIR: Stepwise work using 6-session cycles

Six Emotion Regulation Sessions

- Goals of Group STAIR

- Emotional Awareness

- Emotion Regulation – Focus on Body

- Emotion Regulation – Focus on Thoughts

- Emotion Regulation – Focus on Behavior

- Emotionally Engaged Living – Distress Tolerance

Organization of 12-session Group STAIR

Six Interpersonal Skills Sessions

- Understanding Relationship Patterns

- Changing Relationship Patterns

- Increasing Assertiveness

- Power dynamics and Respect for Self and Others

- Increasing Intimacy and Closeness

- Summary of Work and Self-Compassion

Overview of Group STAIR Studies

Author Year	Study Design	Group Format	Sample	Measure	Effect Size PTSD	Completion Rate
Mackintosh 2016	Open Trial	10 weekly sessions	N = 109 CSA Survivors	ITQ-PTSD	d = 0.31	78%
Jackson 2019	Open Trial	10 weekly sessions	N = 39 male and female Veterans	PCL-IV	d = 0.91	59%
Trappler & Neville 2007	RCT	12 weekly sessions	N = 48 Inpatient PTSD & Schiz/Affective	IES	STAIR d NA TAU d NA	NA
Tripodi 2022	RCT	12 biweekly sessions over 6 weeks	N = 85 Incarcerated Women w PTSD	PCL-5	STAIR d = 0.74 SS d = 0.86	STAIR = 45% SS = 53%

Implications

STAIR group outcomes are generally favorable. Commitment to work and attendance appears to influence outcome

Use of STAIR Coach likely to support good outcome
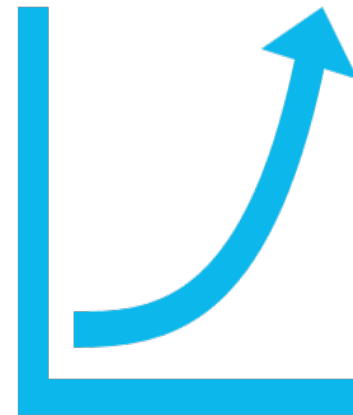
Q & A

BRIEF STAIR

Brief STAIR

- Session 1: Introduction and Goal Setting
  - Identify three goals
  - Focused breathing
- Session 2: Tools for the Body
  - Awareness of feelings
  - Soothing the senses
- Session 3: Tools for Thought
  - Positive imagery
  - Alternative thoughts
  - Emotion surfing
- Session 4: Tools for Behavior and Effective Communication
  - Pleasant activities
  - "I messages"
  - Take a break
- Session 5: Improving Relationships and Compassion
  - Basic rights
  - Compassion
  - Summary of Achievements

Strategies for Delivery

- Committed Client
- Use of intervention matching strategy
- Use of STAIR Coach

Overview of Brief STAIR Studies

Author Year	Design	Sample	Measures	PTSD Effect Size	Completion Rates
Smith, 2020	Open trial 5-Session Brief STAIR	N = 19 Men and Women screen+ PTSD	PCL-5	Brief STAIR d = 1.01	94%
Jain, 2020	RCT 5-Session Brief STAIR TAU	N = 26 STAIR-PC: n =13 TAU: n = 13	PCL-5	Brief STAIR d = 0.81	Brief STAIR: 85% TAU: NA
Valentine, 2024	RCT 5-Session Brief STAIR webSTAIR no support	N = 80 Brief STAIR: n = 40 webSTAIR: n = 40	PCL-5	Brief STAIR d = 1.33 webSTAIR d = 1.00	Brief STAIR: 76% webSTAIR: 26%

Q & A

10 MODULE WEBSTAIR
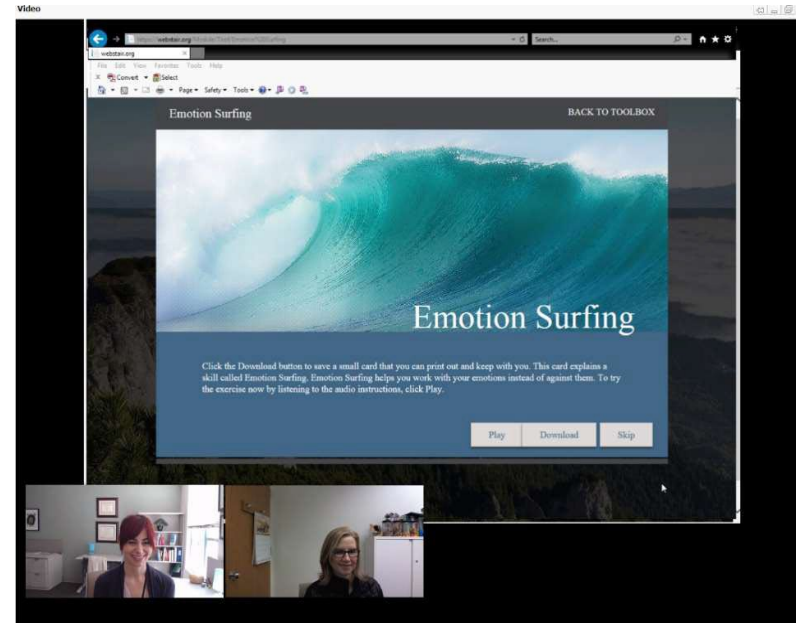
webSTAIR

webSTAIR Modules
0. Welcome
1. Emotional Awareness
2. Emotion Management - Body
3. Emotion Management - Thoughts
4. Emotion Management - Behavior
5. Tolerating Distress for Valued Goals
6. Understanding Relationship Patterns
7. Changing Patterns-Assertiveness
8. Changing Patterns–Power and Respect
9. Changing Patterns-Closeness
10. Achievements, Compassion & Next Steps

Individual Format – Six Coaching Sessions over 10-12 weeks

- Schedule **six** 45 - 60 minute biweekly appointment
- Can track client's use of program and symptom improvement over time
- As needed, provide reminder emails or motivational sessions

Six Coaching Sessions

- **Welcome Session**: Treatment goals, plan and navigation practice

- **Coaching Session1**:
  - Emotional awareness
  - Focus on body
  - Prep for next modules

- **Coaching Session 2:**
  - Emotion regulation – Focus on thoughts
  - Emotional regulation – Focus on behaviors
  - Prep for next modules

- **Coaching Session 3:**
  - Goal setting and distress tolerance
  - Relationship patterns
  - Prep for next

- **Coaching Session 4:**
  - Assertiveness
  - Power dynamics and respect for self and others
  - Prep for next modules

- **Coaching Session 5:**
  - Closeness and intimacy
  - Progress and self-compassion

Look and Feel: Emotional Awareness

Emotional Regulation

Emotion Surfing

You're almost done! In this module, you learned about emotion words and how to identify the emotion you're feeling. You thought about the purpose of each emotion in your life, and what that emotion might be trying to tell you. You also took some time to notice that emotions can have different levels of intensity depending on the situation. You then set your Emotional Intensity Rating Scale.

Next

Disagree with what you see, or have other concerns? **Click here to tell us!**
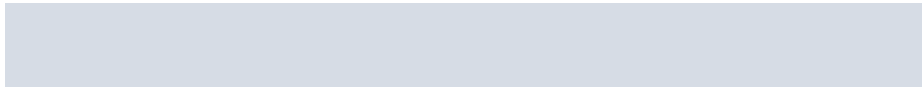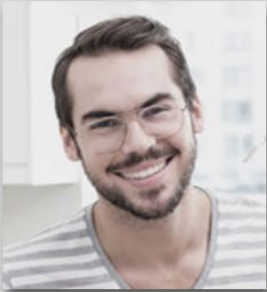
When and How to Say No

Being able to say no is an important part of maintaining healthy boundaries for yourself.

Choose up to 3 individuals you would like to focus on for practicing your flexibility with saying no.

Back   Begin

Compassion

9. Increasing Flexibility and Compassion for Self and Others

COURSE LIST

Striking a Balance

In what ways could you be more compassionate to yourself or others?

Below are some examples of compassionate activities. Drop an activity into the 'Self' or 'Others' side of the scale. If you'd like, you can place the same activity on both sides.

When you're finished, click Submit.

Self side:
- Forgive
- Saying no to a request
- Allow others to say no

Others side:
- Allow for joy
- Allow for mistakes
- Offer help
- Allow for mistakes

Activity list:
- Allow for uncertainty
- Allow for mistakes
- Forgive
- Do something kind
- Ask for help
- Offer help
- Allow for joy
- Saying no to a request
- Allow others to say no

Back

Submit

Get it on the calendar.

Great! Now that you've selected your activities, it's import[...] [...]at we're
much more likely to follow through with our plans if we d[...]

Choose a day and time for each of your activities. If you u[...] [...]lick the
Add to calendar button next to each activity to add it to y[...] [...]activities
at a later time by going to your online calendar.

Opening STAIR_self_invite.ics   ✕

You have chosen to open:

📅 **STAIR_self_invite.ics**

which is: iCalendar File (277 bytes)
from: http://stair.alleninteractions.com

What should Firefox do with this file?

◉ <u>O</u>pen with | Microsoft Outlook (default) ⌄ |
○ <u>S</u>ave File

☐ Do this <u>a</u>utomatically for files like this from now on.

[OK]   [Cancel]

Go for a relaxing swim	Make p[...]	[...]joy it
Date: 2015 ⌄ Nov ⌄ 28 ⌄	Date: 2015 ⌄ Jan ⌄ 1 ⌄	Date: 2015 ⌄ Jan ⌄ 1 ⌄
Time: 11am ⌄ 00 ⌄	Time: 12am ⌄ 00 ⌄	Time: 12am ⌄ 00 ⌄
Add to Calendar	Add to Calendar	Add to Calendar

Back   Next

webSTAIR

- Schedule **six** 45 - 60 minute biweekly appointment
- Can track client's use of program and symptom improvement over time
- As needed, provide reminder emails or motivational sessions
- Engage a co-therapist (intern or person with lived experience) who can send weekly emails or MI phone calls
- Group process supports effective use of the modules interventions
- Effects equivalent to individual work

Clinician Dashboard - Overview of All Clients

Patient ID	PTSD Pre Score	PTSD Most Recent PTSD Score	PTSD Change Score	Course Completion Status	Modules Completed To Date	Date Course Started	Most Recent Access (EST)	Date Course Completed	Total Time (minutes)	Patient Condition
stair1	36	14	-22	In Process	6	April 19th 2024, 8:26:00 pm	May 19th 2024, 9:22:00 pm	--	121	Therapist Guided
stair2				Not Started	0	--	--	--	0	Therapist Guided
stair3				Not Started	0	--	--	--	0	Therapist Guided
stair4				Not Started	0	--	--	--	0	Therapist Guided
stair5				Not Started	0	--	--	--	0	Therapist Guided
clinic				In Process	0	February 14th 2017, 8:18:00 pm	December 12th 2023, 11:20:00 pm	--	1049	Therapist Guided

Patients

Clinician Dashboard – Module Completion Details

Patient View stair1

Case Profile ◀

Module	PTSD Assessment Status	Overall PTSD Score	Date Module Started (EST)	Most Recent Accessed (EST)	Date Module Completed (EST)	Total Time Minutes
Welcome	complete	36	April 19th 2024, 8:26:00 pm	May 19th 2024, 11:34:00 am	May 19th 2024, 12:15:00 pm	67
1. Emotional Awareness	complete	24	May 19th 2024, 11:51:00 am	May 19th 2024, 5:41:00 pm	May 19th 2024, 5:42:00 pm	12
2. Managing Emotions – Focus on Body	complete	18	May 19th 2024, 12:16:00 pm	May 19th 2024, 5:42:00 pm	May 19th 2024, 5:48:00 pm	15
3. Managing Emotions – Focus on Thoughts	complete	36	May 19th 2024, 12:37:00 pm	May 19th 2024, 5:43:00 pm	May 19th 2024, 12:49:00 pm	16
4. Managing Emotions – Focus on Behaviors	complete	14	May 19th 2024, 9:09:00 pm	May 19th 2024, 9:09:00 pm	May 19th 2024, 9:13:00 pm	3
5. Tolerating Distress to Reach Valued Goals	complete	14	May 19th 2024, 9:13:00 pm	May 19th 2024, 9:13:00 pm	May 19th 2024, 9:20:00 pm	7
6. Understanding Relationship Patterns			May 19th 2024, 5:55:00 pm	May 19th 2024, 5:54:00 pm		1

Clinician Dashboard – Tools Used

Homework Forms	▲

Tools	◀

Name	Last Accessed	Times Accessed	Median Time
Body Channel			
Focused Breathing Exercise	May 19th 2024, 12:19:00 pm	1	7
Soothe the Senses	May 19th 2024, 12:21:00 pm	1	1
Progressive Muscle Relaxation	May 19th 2024, 12:23:00 pm	1	1
Thought Channel			
Feelings Wheel	May 19th 2024, 5:42:00 pm	2	0
Emotion Surfing	May 19th 2024, 12:03:00 pm	1	0
Intensity Scale	May 19th 2024, 11:56:00 am	1	4
Checking Your Beliefs	May 19th 2024, 12:38:00 pm	1	12
Thought Shifting	May 19th 2024, 5:45:00 pm	2	2
Positive Imagery	May 19th 2024, 5:44:00 pm	2	2
Positive Self Statements	May 19th 2024, 5:43:00 pm	2	1
Self Compassion Meditation			

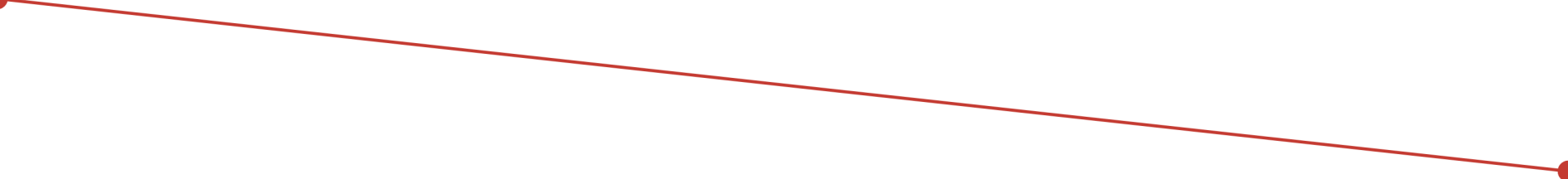# Clinician Dashboard – Symptom Improvement Details

Homework Forms

Tools

PTSD Assessment Trends

PCL-5 and PHQ Measures

PCL-5	PHQ

Symptom Severity

Overview of webSTAIR Studies

Author, Year	Design	Sample	Measure	PTSD Effect Sizes	Completion Rates
Bauer 2021	Open trial Coach10	N = 80 Vets screen+ for PTSD or depression	PCL-5	Coach10 d = 0.89	Coach10: 78%
Fletcher 2022	Open Trial Coach5	N = 32 Vets screen+ for PTSD or depression	PCL-5	Coach5 d = 0.81	Coach5: 59%
Cloitre 2022	Comparative Noninferiority Coach5 vs Coach10	N = 202 Vets screen+ for PTSD or depression Coach5: n=101 Coach10: n=101	PCL-5	Coach5 d = 0.66 Coach10 d = 1.04	Coach5: 59% Coach10: 52%
Kim 2024	Open Trial **Group Coach5** in PC	N = 39 Vets screen+ for PTSD or depression	PCL-5	Group d = 0.87	Group Coach5 71%
Ong 2024	RCT Peer support	N = 178 Vets screen+ for PTSD or depression webSTAIR: n=117 Waitlist: n=61	PCL-5	Peer webSTAIR d = 0.48 Interactiion d = 0.43	peer webSTAIR: 38%
Valentine 2024	RCT Self-guided webSTAIR Peer supported STAIR	N = 80 Men & women in PC Screen+ PTSD webSTAIR: n=40 STAIR: n=40	PCL-5	webSTAIR: 1.00 Brief STAIR : 1.33	webSTAIR: 30% STAIR-PC: 73%

Q & A

Break-out Room: STAIR Utilization

NARRATIVE THERAPY
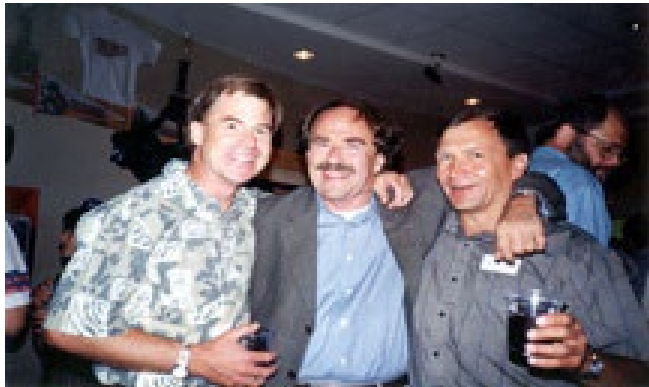
"THE PAST ISN'T DEAD. IT ISN'T EVEN PAST."

-- *WILLIAM FAULKNER*

Requirements of an Effective Treatment for PTSD

Recovery from trauma requires confronting the memory of and feelings about the event.

AND

Integrating this memory with the full store of memories.

NARRATIVE THERAPY OVERVIEW

Narrative Therapy: Two components

- **Repeated narration**
  - Organization of trauma memory
  - Fear reduction through habituation and new learning

- **Meaning analysis/contextualization**
  - Integration of trauma memory into a life history
  - Revision of beliefs about self and others (trauma schemas are part of past vs. present)
  - Exploration and resolution of feelings other than fear: shame, guilt, anger and loss/sadness

The goal is to help individuals with PTSD live full, meaningful lives in the present rather than being trapped in the past.

Sessions

- Session 1: Motivating and Planning for Memory Work
- Session 2: Introduction to Narrative
- Session 3: Continued Exploration of Memories and Contrasting with the Present
- Session 4-7: Exploration of Other Affective Themes (Anger, Shame, Loss)
- Session 8: Summary of work

Rationale for Exposure: Habituation and Mastery

- Results in habituation so that the trauma can be remembered without intense, disruptive anxiety
- Fosters realization that engaging in trauma memory is not dangerous, will not lead to loss of control or going crazy
- Enhances sense of self control and personal competence. "You own the memory; the memory does not own you."

Rationale for Life Narrative: Creating a historical sense of self

- The traumatic events belong to the past not the present. **Create DISTANCE**

- The resources individual has now are greater than those in the past. The environment is more benign than that in the past. **Create SAFETY**

- The traumatic experiences can be evaluated with the distance of time and new experiences: the events are only a few of the chapters in the autobiography of self. **Create CONTEXT/MEANING**

- The future need not be the same as the past. **Create HOPE**

NT SESSION 1

(Session 11 in book)

Session 1: Nuts and Bolts of Narrative Therapy – Creating a Memory Hierarchy

- Client generates or free associates discrete memories
  - "In a single sentence or in a few words refer to a traumatic event that causes you distress. Our goal now is not to get into a description of the trauma, but to identify a series of events we will talking about in our narrative work."
- Assign each memory a Subjective Units of Distress (SUDS) level
- Create the hierarchy by rank-ordering the memories according to their SUDS ratings on Memory Hierarchy Sheet.
- Review plan: when/where client will listen, top 3 skills to use, no substances 2 hours before/after, test the technology, express optimism for the work

NT SESSION 2

(Session 12 in book)

Session 2: Narrative of First Memory - Choosing the first trauma memory

- Choose a memory in collaboration with the client. Does not have to be the most distressing one.
- Use the SUDS as your guide.
- Memories can be selected based on salience in day to day life
- Focus the work. You cannot and need not address every trauma the person has. Themes will emerge/generalizations occur.
- Consider environmental factors
    - Limitations on number of sessions
    - Current life events

Session 2: Narrative of First Memory

- Begin with a neutral memory (optional)
    - Practice making a story with a beginning, middle, and end (like in a movie)
    - Gives the client a sense of self-efficacy

NT Technique: Exposure

- Recall the memory as vividly as possible.
- Imagine that the memory is happening now.
- Stay in touch with the feelings that the memory elicits.
- Include details of the events (sensations, thoughts, emotions).
- The first time the client recalls a memory, do not interrupt.
- For all following memories, audiorecord and ask questions to elicit details and guide clients through difficult points.
- Repeat 1-2 times (either immediately or following debriefing/meaning analysis).

NT Technique: Emotional Grounding

- Check in on emotional stability, implement appropriate grounding and emotion regulation activities
  - "Look around the room. Breathe. It's 2024 and you are in my office. See that you're not alone and I'm here with you."

- Check in with client several times throughout session if necessary, allowing for SUDS to decrease

NT Technique:
Exploring Emotions in the Narrative

- Identify and label feeling states
  - Visual analog scale (0-10) of anger, sadness, fear, and shame

- Function
  - Be aware, name, and accept the feelings
  - Emotions are the gateway to identifying the relationship patterns embedded in the narrative

Identification of Relationship Patterns

Interpersonal Situation about Self	Feelings/Beliefs about Self	Other's Feelings/Beliefs Action	Resulting
What happened?	*What did I feel and believe about myself?*	*What did I believe the other person felt and believed about me?*	*What did I do?*

Interpersonal Goals Beliefs about Self	Alternative Feelings/ Feelings/Beliefs about Self	Other's Alternative Action	Alternative
What are my goals in this situation?	*What else could I feel and believe about myself?*	*What else could the other person feel and believe about me?*	*What else could I do?*

NT Technique: Meaning Analysis

- Identify interpersonal beliefs/patterns about self and other embedded in narrative
- Identify contrasting beliefs/patterns in the here-and-now
- Reinforce new patterns-plan "corrective emotional experiences" in daily life

The patient reproduces instead of remembering…This condition is shifted bit by bit within…the treatment…While the patient lives it through as something real and actual, we have to accomplish the therapeutic task, which consists chiefly in translating it back again into terms of the past.

Sigmund Freud, 1914/1963

Recollection, Repetition and

Working Through

NT SESSIONS 3-7

(Sessions 13-17 in book)

Working with Anger

- Validate the right to be angry
- Acknowledge the Pros and Cons of anger:
    - Keeps others at a "safe" distance
    - Reduces intimacy
    - Secondary emotion that helps to avoid "soft" emotions, such as sadness and fear
    - Exhausting and alienating to be angry all the time—severs friendships, etc.

Working with Shame: Why Tell?

Therapist's Role – Discussing Shame :

- Reduces feelings of alienation and sense of being apart from the mainstream
- Reduces strength of bond to the perpetrator/ trauma
- Enhances client's compassion for self
- Reduces defensive attitude and allows greater self-exploration
- Improves relationships: compassion for self = compassion for others

Working with Grief – A Process of Transformation

- Therapist bearing witness: in recognizing loss something is found
- Creating narrative respects the past and the loss
- From loss (absence) something is created
- *Kintsugi*—Japanese art of repairing broken pottery by mending broken areas with lacquer mixed with powered gold, silver, or platinum--finding beauty and strength in imperfection

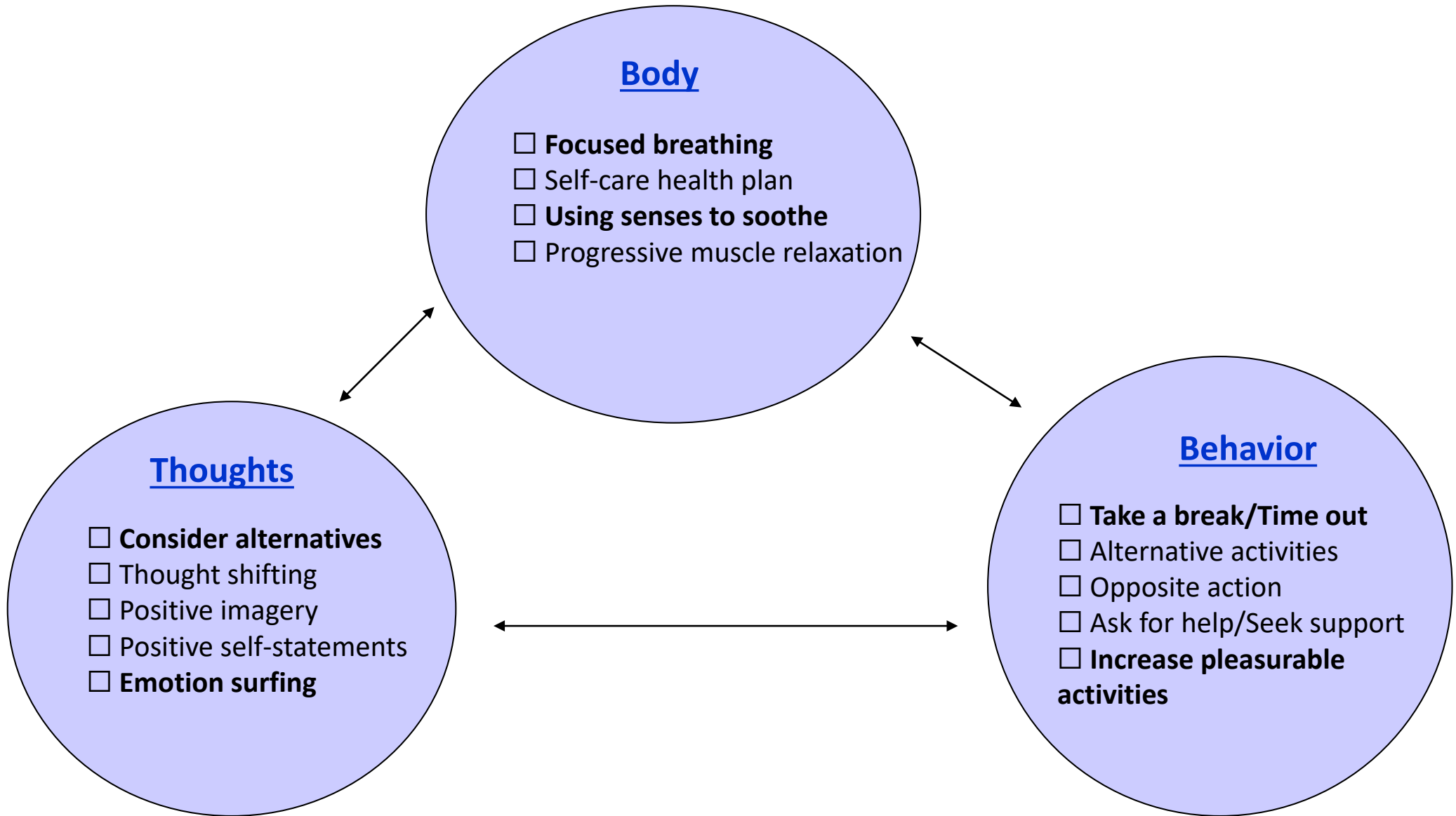# NT SESSION 8 FINAL SESSION

(Session 18 in book)

Session 18: Summary of Achievements and Self-Compassion

- Review ways client feels differently about themselves (how did you feel about your self before STAIR - and now?)
- Review and refresh commitment to skills
- Practice compassion exercise together

Perspectives on Trauma

- The present is more important than the past. The present is a gift. The present is where hope is.

- The difference between the past and the present must be experientially explored.

- Relationship patterns are the interventions which are the basis for the understanding of old versus the new.

- The narrative places the trauma in the context of a life to be lived.

Select Skills for Long Term Use

Body

☐ **Focused breathing**
☐ Self-care health plan
☐ **Using senses to soothe**
☐ Progressive muscle relaxation

Thoughts

☐ **Consider alternatives**
☐ Thought shifting
☐ Positive imagery
☐ Positive self-statements
☐ **Emotion surfing**

Behavior

☐ **Take a break/Time out**
☐ Alternative activities
☐ Opposite action
☐ Ask for help/Seek support
☐ **Increase pleasurable activities**

DEFINING CHARACTERISTICS OF THE TREATMENT

Defining Characteristics of the Treatment

- Equal focus on dual goals of enhancing strengths and resolving psychopathology

- Assumes that there are two key resources needed for effective living:

  - Emotions (awareness, management and expression)
  - Human connection

- Interpersonal Interventions for Interpersonal Injuries

Philosophy of Treatment: Therapist-Client "Working Model"

Self
Competent
Valued
Worthy
Cherished

Other
Available
Responsive
Admiring
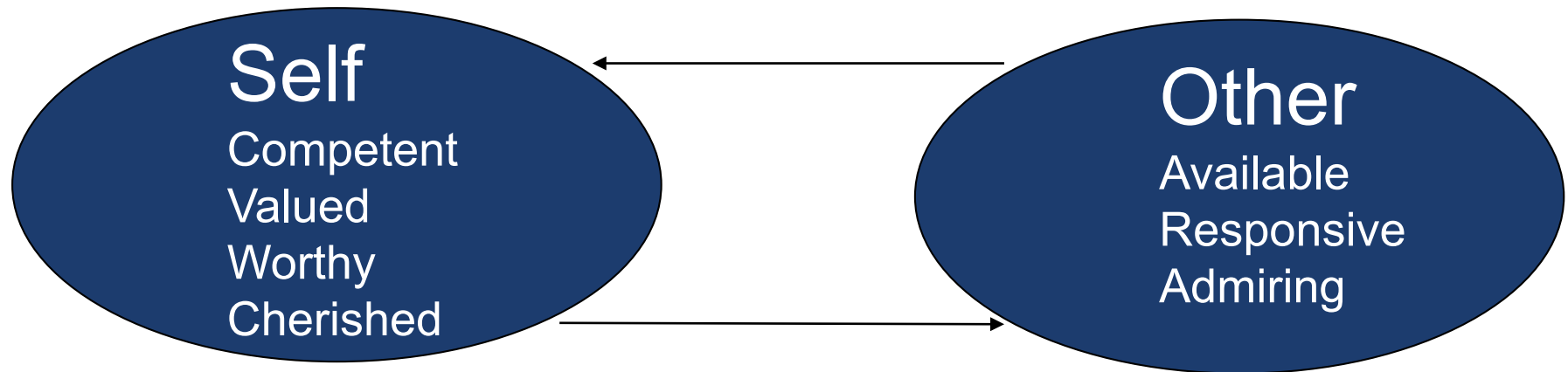
SELF-CARE

Self-Care for the Trauma Therapist

"In the course of providing psychosocial services to traumatized populations, service providers often must share the emotional burden of the trauma, bear witness to damaging and cruel past events and acknowledge the existence of terrible and traumatic events in the world."

Bride, 2004

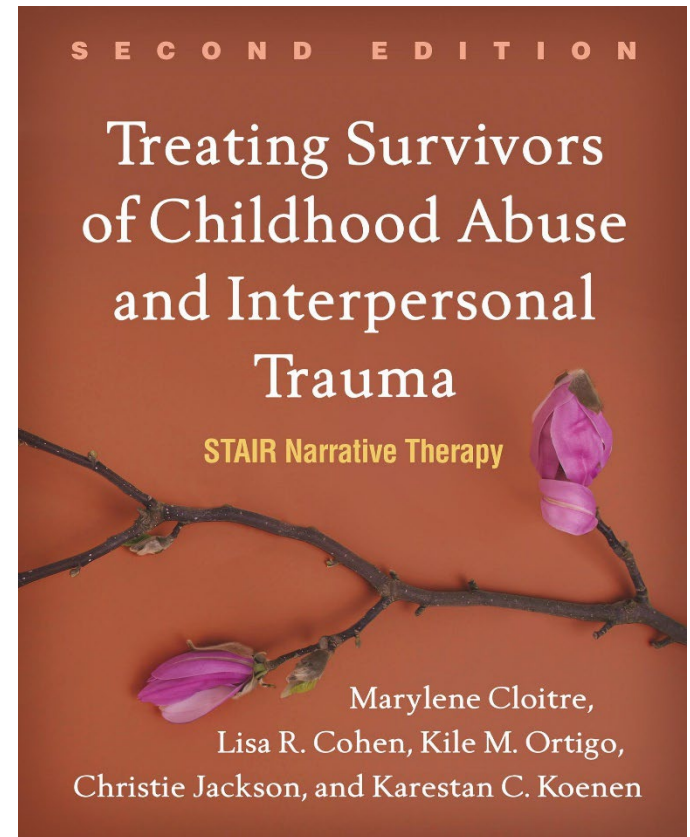# ACCOMPLISHMENTS AND GROWTH

STAIR Narrative Therapy

- Resolves PTSD, depression, dissociation
- Improves emotion regulation
- Improves relationships
- Increases social support
- Improves functioning

SECOND EDITION

Treating Survivors of Childhood Abuse and Interpersonal Trauma

STAIR Narrative Therapy

Marylene Cloitre,
Lisa R. Cohen, Kile M. Ortigo,
Christie Jackson, and Karestan C. Koenen

What do clients say about STAIR?

- "Before STAIR, I experienced emotions as dangerous, as a weakness, and as unimportant. Now, I allow myself to feel my emotions and to learn from them."

- "Emotions can be uncomfortable, but now I can ride the waves."

What do clients say about STAIR?

"I'm starting to recognize my own needs have importance. I now know I'm worthy of having needs and expressing them."

What do therapists say about STAIR?

"I was stuck with my client and didn't know what to do. We were at a clinical impasse and thinking of termination. Before we implemented STAIR, the client didn't think anything could change, and she and I felt hopeless for her progress. Now we both feel so empowered, and I feel so fulfilled clinically."

What do therapists say about STAIR?

"It's very powerful as a therapist to learn tools to help a person build the framework for coping with life."

Break-out Room: Self-Care for the Trauma Therapist

- 1. Compassion exercise—Select one from the STAIR Coach App

- 2. Identify and share two tools from each channel (body, thought, behavior) that you use or would like to use to deal with difficult emotions and to promote self-care.

- 3. Name one way you set a healthy boundary in your professional work.

- 3. Share a clinical success story! Either a case that went well or a particular clinical moment that you are very proud of.

CONSULTATION AND CERTIFICATION PROCEDURES

✧ Most important: begin looking for and seeing cases asap
✧ Attend bi-weekly consultation meeting
✧ Consultation meeting format in a group with other clinicians
   --STAIR, Brief STAIR, and Group STAIR in a group
   --webSTAIR in separate group
✧   Narrative Therapy in separate group
✧ Clinicians become credentialed as STAIR therapists once TWO cases are completed
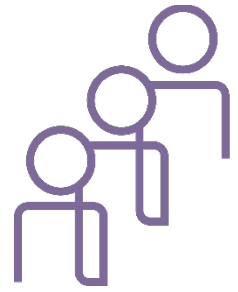
Introduction

- Implementation, quality improvement (not research)
- Please review and return "Readiness Checklist"
- Modalities of STAIR
    1. Individual Brief STAIR (5-6 sessions)
    2. Individual STAIR (10 sessions)
    3. 6 week Group STAIR (series of 2 groups: 1) emotion reg, 2) interpersonal
    4. 12 week Group STAIR
    5. WebSTAIR with individual or group coaching (Booster training on 1/27 at 10am-12pm PT)
    7. STAIR with Narrative Therapy (longer therapy course)
- Following this workshop, sign up for biweekly consultation

Clients Screened

Using UCC intake process or hardcopy, clients are screened using the PCL5. Eligible clients will have 31 or higher on the PCL-5. Use clinical judgement for scores in the high 20s and would benefit receiving STAIR

1

When invited, share your feedback about STAIR implementation with through paid surveys, interviews, & role-plays

Offer STAIR to Clients

Present STAIR as a potential treatment option to clients. Add STAIR clients to STAIR-Well database

2

3

Administer through the STAIR-Well Database

Baseline Measures

Before or at the first session.
Measures: Demographics, LEC, PCL5, PHQ-8, CAQ

At Each Session

Measure: ITQ

Post-Treatment Measures

At or after the last session.
Measures: PCL5, PHQ-8, CAQ, AIM, IAM, FIM

4 In the database:
1. Mark session as final session.
2. Check off treatment complete.

5 ### Three & Six Months Follow-Up

When prompted by an email from the database, send follow-up assessment link by email or secure message to client.
Measures: PCL5, PHQ-8, CAQ, ITQ

STAIR-Well

Database: www.stair-well.org

Database Tutorial

Database Video Training Library

STAIR-Well

Treatment Resource Folder

The therapist guides and client workbooks for all treatment modalities can be found HERE. Hard copies of the published treatment manual (Cloitre et al., 2020) have been sent to your counseling center to add to your resource library for clinicians.

Database

Supports clinicians in tracking clients and administering measures.

- Click here to create account
- Database tutorial click here
- Video tutorial click here

Psychoed Materials

Flyers, brochures, digital material and social media posts to distribute on your campus!

- Click here for the materials

Consultation Sign-ups

Sign up for consultation!

We encourage everyone to sign up as soon as possible after training.

- Signup for STAIR
- Sign up for webSTAIR

STAIR Coach

An app that guides clients through exercises assigned by therapists and tracks their progress.

- Learn more and get STAIR Coach

Client Info Sheet

Use this document when offering STAIR to students to provide them with information on the STAIR-Well Program.

- Get the Client Info Sheet

webSTAIR

webSTAIR is a online form of STAIR that consists of 10 modules with coaching from a therapist.

- Get access codes for webSTAIR by emailing Kelly Valentin (valentkc@plu.edu)

Scan me!

All of these resources and more can be found in the STAIR-Well Google Drive

STAIR-Well Workflow

For a quick reference, check out the STAIR-Well Workflow HERE!

Listservs

For administrators and clinicians to share information, ask questions, and build community across sites.

Sign up for the Clinician Listserv

Sign up for the Administrator Listserv

STAIR-Well
Clinican Listserv

Collaborate with Other Therapists and the STAIR-Well Team

CELEBRATE YOUR SUCCESS

Share with other therapists what's working well for your clients

BRAINSTORMING HUB

Ask for help or seek consultation when you encounter obstacles or roadblocks

CREATE COMMUNITY

Share stories, seek and provide support, connect and collaborate around this Important work

Click Here to be taken to the STAIR-Well Clinician Google Group

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