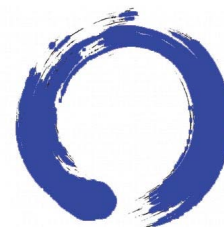


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Awake Mind EMDR Newsletter Winter 2013



Dear Julie,

This quarterly newsletter looks at various trauma assessment tools that might be helpful during EMDR Phase One: History Taking and Treatment Planning. I particularly recommend the short 10 question ACE questionnaire for assessing adults for childhood abuse issues.

The last session of my advanced training "Mindfulness, Meditation & EMDR" is happening in Boulder at the end of May -- details below.

Best to you!
Julie Greene

Adult Trauma Assessment Tools

- **Posttraumatic Checklist.** A 17 item self-report based on PTSD DSM-IV criteria.
 - Civilian (PCL-C) ([link to PDF](#))
 - Military (PCL-M) ([link to PDF](#))
- **Los Angeles Symptom Checklist.** This is a 43 item checklist of symptoms and indicates both DSM-IV PTSD criteria and severity of PTSD.
 - Adult Version ([link to PDF](#))
 - Adolescent Version ([link to PDF](#))
- **Impact of Event Scale (IES-R).** This is a 22 item self-report measure that assesses current subjective distress for a specific life event. It has 3 sub-scales: Intrusion, Avoidance, Hyperarousal. ([link to PDF](#))
- **Primary Care PTSD Screen (PC-PTSD).** This is a simple 4-item screen developed for primary care physicians and now used in the VA. ([link to PDF](#))
- **Clinician Administered PTSD Scale (CAPS).** This structured interview evaluates long-term and current PTSD symptoms. It takes about 40-60 minutes. ([link to PDF](#))
- **Adverse Childhood Experience (ACE) Questionnaire.** Developed to look at the link between adverse childhood experiences and adult health and social problems and used in a major study of 17,000 Kaiser patients in 1995-1997.
 - Short Self-Report (10 questions) ([link to PDF](#))
 - Long Questionnaire - Female ([link to PDF](#)), Male ([link to PDF](#))
 - Background Information on ACE studies
 - Center for Disease Control Description ([link to website](#))
 - Online Article "Got Your ACE Score" ([link to website](#))
- **Trauma Assessment Packet,** including Traumatic Antecedents Questionnaire (TAQ). Packet of 5 tools for sale at Bessel van der Kolk's "The Trauma Institute". ([link to website](#))
- **Tools developed by John Briere** (for sale at PAR)
 - **Trauma Symptom Inventory (TSI)** is a 100 item instrument with several subscales. ([link to website](#))
 - **Inventory of Altered Self Capacities** measures 7 types of "self-related" difficulties. ([link to website](#))
 - **Cognitive Distortion Scale** measures 5 types of cognitive symptoms related



to interpersonal trauma. ([link to website](#))

Child Trauma Assessment Tools

The following article reviews various instruments for assessing both trauma exposure and symptoms in children.

Assessment and Screening Tools for Trauma in Children and Adolescents : A Review. Virginia C. Strand, Teresa L. Sarmiento and Lina E. Pasquale. Trauma Violence Abuse 2005 6: 55. ([link to PDF](#))

LAST SESSION

Mindfulness, Meditation & EMDR

Advanced EMDR Workshop - 12 EMDRIA credits with Julie Greene, LPC

Boulder, Colorado

May 31 - June 1, 2013 (Friday-Saturday)

Early Bird Fee \$300 by May 1

[more info](#)



Next EMDR Basic Training

-- let your friends and colleagues know --

Boulder, CO

Level I April 5 - 7, 2013

Level II September 20 - 22, 2013

[more info](#)

Santa Fe, NM

Level I May 3 - 5, 2013

Level II October 4 - 6, 2013

[more info](#)



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