

## Benefits to child and family

- Reduces child's posttraumatic stress symptoms
- Reduces child's anxiety and depression
- Builds child's adaptive and social skills
- Reduces caregiver distress
- Enhances caregiver support for their children



ARC services are provided through a collaborative agreement between the University of Massachusetts Medical School's Child Trauma Training Center (CTTC) and trained clinical providers who offer ARC treatment throughout Massachusetts.

## Attachment, Self-Regulation and Competency Therapy (ARC)

*A Parent's Guide*



For a referral please call:  
**1.855.LINK.KID**



Child Trauma Training Center

*Linking Families, Training Providers, Informing Communities*

1-855-LINK-KID



*Funded by the CBH Knowledge Center @ the MA Department of Mental Health*





Dealing with trauma is hard. Each trauma is unique. Caregivers want to offer the best support they can for a child, but sometimes it's hard to know where to start.

### What is ARC?

ARC (Attachment, Self-Regulation, and Competency) is a type of intervention for children and youth who have experienced complex trauma. The three domains of attachment, self-regulation, and competency are often affected during traumatic events, and this therapy focuses on principles that help to strengthen these areas and build resilient youth.

### Why choose ARC?

The ARC model understands that each child is unique and therefore therapy is flexible and tailored to each child and family using basic core principals.

Research suggests ARC therapy leads to a reduction in child posttraumatic stress symptoms and general mental health symptoms, as well as increased adaptive and social skills.

*Children receiving ARC therapy leads to a reduction in child posttraumatic stress symptoms and general mental health symptoms.*

### Who can use ARC?

ARC is designed for children and adolescents between the ages of 2 and 22 who have significant emotional and behavioral problems related to a traumatic event or a series of traumatic events. ARC can be used with children in a variety of settings, including outpatient, inpatient, school, foster care, group homes, and juvenile justice.

### What happens in ARC?

- Treatment with ARC typically lasts between 12 and 52 sessions.
- Therapy is varied and includes individual, group, and family treatment. There are also parent workshops, as well as home based programs.
- The ARC framework is built upon ten core building blocks:
  - Caregiver affect management
  - Attunement
  - Consistent response
  - Routines and rituals
  - Affect identification
  - Affect modulation
  - Affect expression
  - Developmental tasks
  - Executive functions
  - Self-development

### What results will I see?

Children receiving ARC experience significant improvement in:

- Behavioral problems
- Posttraumatic stress disorder
- Anxiety
- Depression
- Increased adaptive and social