

## Research

The goals and objectives of our Research efforts at the Center for Child and Family Traumatic Stress are broad – and span from neurobiology to social policy.

The focus on neurobiology derives from emerging findings on the long-term effects

of early stress on brain development and overall health and wellbeing.

The focus on social policy comes from strong evidence on the impact of the social environment in moderating the effects of early adversity.

Our research efforts include studies of mental health assessment and treatment outcomes, brain imaging, and genetic

and environmental factors (e.g., trauma, social supports) that promote risk and resilience.

We are committed to better understanding the mechanisms by which early adversity increases the chances for psychiatric and other health problems, identifying the factors that help promote resilience, and advocating for policies and practices that best support vulnerable children and families.



# Center for Child and Family Traumatic Stress

at Kennedy Krieger Institute



## Contact Information

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[KennedyKrieger.org/TraumaticStressCenter](http://KennedyKrieger.org/TraumaticStressCenter)

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*Vice President, Director*
- Sarah Gardner, LCSW-C  
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*Director of Training*
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*Director of Research*

To access treatment services, call

443-923-5980; for training inquiries call

443-923-5971, and for research call

443-923-5953.

TTY users call Maryland Relay by dialing 711.

The photographs being used are for illustrative purposes only and any person shown is a model.

*Growth through  
Treatment,  
Training and  
Research*



Center for Child and Family Traumatic Stress  
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## Who we are

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute's three-part mission of treatment, training, and research is dedicated to working with traumatized children and their families. We provide comprehensive, evidence-supported treatment, training in trauma-informed intervention approaches, and research on the causes, consequences, and treatment of child and family trauma. The goal of this mission is to help traumatized children reach their potential

through direct treatment services, professional development, and research designed to identify the most effective policies and practices.

We have a national reputation as a leader in the field of trauma informed treatment and have been a member of the National Child Traumatic Stress

Network since 2003. We have made a commitment to share our expertise with organizations across the country by working toward improved access to care, treatment, and services for traumatized children and families.



## Treatment

For over 35 years we have been providing quality mental health care to children, adolescents and families affected by abuse, neglect, family and community violence, grief and loss, and other traumatic exposures. We offer trauma-informed, evidence-supported and culturally sensitive mental health assessment and treatment services.

### Evidence Based Treatments

- Trauma-Focused Cognitive Behavioral Therapy
- Parent-Child Interaction Therapy
- Child Parent Psychotherapy
- Dialectical Behavioral Therapy
- Combined Parent-Child Cognitive Behavioral Therapy
- Strengthening Family Coping Resources

### Specialty Services

- Sexual abuse survivors
- Adolescents with risky behavior
- Military families
- Children with intellectual disabilities
- Spanish speaking families
- Deaf and hard of hearing families
- Families with multigenerational trauma

## Training

Since 2007, the Traumatic Stress Center has been dedicated to providing evidence-supported, trauma-informed training, education, and consultation services to mental health and helping professionals, service providers and organizations in the Mid-Atlantic region. Our courses are designed to guide and support more effective work with children, adolescents and their families who are at risk and/or have experienced trauma.

Each course in our portfolio integrates the most recent research, trends, cultural considerations and practical interventions that are easily implemented into clinical and other natural settings. Our training portfolio includes courses on effects of trauma: trauma assessment; evidence based and/or supported treatment approaches and more. The portfolio is available on our website at

[www.kennedykrieger.org/traumatraining](http://www.kennedykrieger.org/traumatraining).

