

Treatment Models for Poly-victimization Summary of Key Points

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Poly-victimization is defined as experiencing multiple, different types of victimization, such as physical abuse at home, bullying at school, and witnessing community assault. It is the strongest predictor of psychological symptoms in national studies. Adaptations of current trauma treatment models can help address poly-victimization.

Key components of a poly-victimization approach to treatment:

- Working with families rather than focusing only on children
 - ◇ Educate caregivers about poly-victimization and its effects. Work with caregivers to build strategies to support children who have experienced poly-victimization.
 - ◇ Consider that caregivers may be poly-victims themselves and may need assessment, safety planning, and their own interventions to support parenting strengths.
- Engaging and planning interventions across multiple contexts including schools
 - ◇ Educate school personnel and other youth professionals about poly-victimization.
 - ◇ Coordinate services and intervention strategies across different contexts in a child's life (connecting children to community resources, consulting with school professionals so that intervention plans are interconnected rather than separate).
- Multi-pronged treatment approaches may require a longer time frame and need to be developmentally specific.
 - ◇ Pervasive victimization is the hallmark of poly-victimization. Treatment models need to be tailored for children of different ages and linked across the lifespan.
- Looking ahead to prevention of future victimization
 - ◇ Work with other professionals on policies, resources, and programs to prevent further victimization.

Examples of treatment models that could be adapted to address poly-victimization

Child-Parent Psychotherapy (CPP)

Integrative Treatment of Complex Trauma

Trauma-Focused Cognitive Behavior Therapy

Structured Psychotherapy for Adolescents Responding to Chronic Stress

Conclusion

Children's Advocacy Centers (CACs), with their collaborative approach, are uniquely positioned to take next steps in developing treatments for poly-victims. Using existing models as a foundation, we need to find ways to work against traditional compartmentalization of services and their frequent focus on one type of victimization. CACs can work to develop treatment models that involve multiple settings and multiple relationships in a child's life.

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