



RESEARCH UPDATE



FROM USABP RESEARCH CHAIR

DR. CHRIS WALLING, PSYD, MBA, SEP

USABP Sponsored Research Publication
Traumatic Stress Research Consortium Update
USABP Research Committee Interest Form

USABP Sponsored Research Publication

The USABP's sponsorship of the Traumatic Stress Research Consortium at Kinsey Institute has had a banner year. A paper published by the team at the TSRC along with researchers at EABP was published this past year in the American Psychological Association's Journal, *Psychotherapy* titled "*Association of childhood maltreatment with adult body awareness and autonomic reactivity:*

The moderating effect of practicing body psychotherapy."

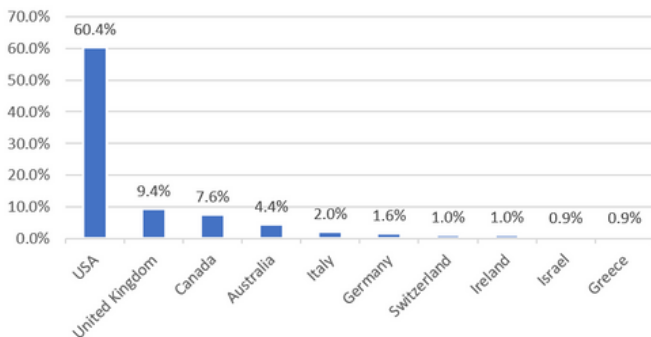
You can read the abstract and find out more about the article [here](#)

Traumatic Stress Research Consortium Update

Here are some additional updates from the Traumatic Stress Research Consortium and their ongoing efforts to create a consortium of Trauma Therapists worldwide.

TSRC members: 973 Membership growth during past year from 164 top organizations participating in the research consortium

TSRC Member Survey



RESEARCH UPDATE CONT'D



TSRC Therapist Survey

The goal of the therapist survey is to get to know the clinicians who are doing trauma work: their experiences, the clients they serve, and the methods they use. The survey spans a range of topics and includes questions about practice and training, professional quality of life, personal trauma experiences, body stress responses, and physical health.

All members who join the consortium are invited to participate. Since its launch in November 2018, 739 trauma workers have completed the survey. Findings are published in TSRC newsletters, which are archived on our webpage: <https://www.traumascience.org/newsletters> The latest newsletter contains data on therapists' professional quality of life.

Results that have been reported in prior newsletters have stayed consistent, even as additional data have come in. Please refer to the spring and fall 2020 newsletters for results describing clinicians' reasons for choosing their profession, reasons leading to trauma work, therapy types offered, experience working with trauma and complex trauma, clients' presenting problems, clients' traumatic experiences, therapists' own experiences of maltreatment, and body stress reactions measured by the Body Perception Questionnaire (BPQ).

On average, trauma workers use 8 different modalities, highlighting the popularity of taking a multi- method approach in trauma treatment. Body-based practices are common among network members with Somatic Experiencing, Dance and Movement Therapy, Body-Mind Centering, and Yoga Therapy being well represented in the top 20 most common modalities.

As the TSRC and the field of trauma research evolve, we are adapting the therapist survey to cover a wider range of questions. Changes are based on our emerging research questions and member feedback on the survey.



The following new questions and topics have been added to the TSRC therapist survey in 2022:

1. How clinicians define trauma in their own words
2. Addition of historical trauma, intergenerational trauma, and trauma caused by colonization or systematic oppression as part of the client experiences question
3. Methods for identifying trauma or trauma response in clients
4. Common and most effective strategies for self care
5. Members' use of therapy services to support their own mental wellbeing
6. How personal experiences inform practice
7. An optional written personal narrative to describe personal journey and experiences

Here are also some of the additional publications recently published via USABP's sponsorship of the incredible research at Indiana University:

Recent Scholarly Work

Polyvagal Theory

- Porges, S. W. (2022). Heart Rate Variability: A Personal Journey. *Applied Psychophysiology and Biofeedback*, 1-13.
<https://doi.org/10.1007/s10484-022-09559-x>
- Porges, S. W. (2022). Polyvagal Theory: A science of safety. *Frontiers in Integrative Neuroscience*.
<https://doi.org/10.3389/fnint.2022.871227>
- Porges, S. W. (2021). Polyvagal Theory: A biobehavioral journal to sociality. *Comprehensive Psychoneuroendocrinology*, 7, 100069.
<https://doi.org/10.1016/j.cpnec.2021.100069>
Development of Questionnaires for Assessing Autonomic Symptoms and Neuroception of Safety



Recent Scholarly Work Cont'd

Polyvagal Theory Cont'd

- Kolacz, J., Chen, X., Nix, E. J., Roath, O. K., Holmes, L. G., Tokash, C., Porges, S. W., & Lewis, G. F. (2022). Measuring Autonomic Symptoms with the Body Perception Questionnaire Short Form (BPQ-SF): Factor Analysis, Derivation of US Adult Normative Values, and Association with Sensor-Based Physiological Measures. medRxiv (Pre-print).
<https://www.medrxiv.org/content/10.1101/2022.04.27.22274391v1.full.pdf+html>
- Morton, L., Cogan, N., Kolacz, J., Nikolic, M., Calderwood, C., Bacon, T., Williams, D., Pathe, E., & Porges, S. W. (2022). A new measure of feeling safe: Developing psychometric properties of the neuroception of psychological safety scale (NPSS). *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001313>

Empirical Trauma Research

- Dale, L. F., Kolacz, J., Mazmany, J., Johonnot, K., Biernacki, N. B., Leon, K., & Porges, S. W. (2022). Childhood maltreatment influences autonomic regulation and mental health in college students. *Frontiers in Psychiatry*.
<https://doi.org/10.3389/fpsy.2022.841749>
- Morton, L., Calderwood, C., Cogan, N., Murphy, C., Nix, E., & Kolacz, J. (2022). An exploration of psychological trauma and positive adaptation in adults with congenital heart disease during the COVID-19 pandemic. *Patient Experience Journal*, 9(1), 82-94.
<https://researchonline.gcu.ac.uk/en/publications/an-exploration-of-psychological-trauma-and-positive-adaptation-in>



Recent Scholarly Work Cont'd

Mentored Senior Capstone Project

Linh Dang, an undergraduate student at Indiana University's Department of Psychological and Brain Sciences, completed her senior thesis under J Kolacz's mentorship. This fall, Linh is starting study at Indiana University School of Medicine and is adapting her thesis for publication.

- Dang, L. (2022). Abdominal pain in relation to childhood maltreatment and PTSD symptoms in active psychotherapy clients. Senior Capstone Project, Indiana University Psychological and Brain Sciences.

For more information on the latest Newsletters or updates from the TSRC, you can read their latest newsletter here:

<https://kinseyinstitute.org/pdf/TSRC+Newsletter+September+2022.pdf>

If you are interested in joining the USABP Research committee, please **CLICK HERE.**