



Presenter: Madelyn Ayers

Session & Time: Poster_IV / 3:00 to 3:50pm

Room: Guzman Lecture Hall

Discipline: Psychology

Faculty Mentor: Veronica Fruiht

Digital Portfolio URL:

Title: Trauma-informed Care: A Catalyst for Strong Therapeutic Alliances

Abstract:

Counseling is a tool commonly used to address mental health concerns. Recent data suggests that 61% of college students have been to therapy, and nearly 50% of students utilizing university counseling services have a history of trauma (Center for Collegiate Mental Health, 2023). To skillfully support these individuals, mental health clinicians can practice trauma-informed care (TIC), which is centered around 4 R's: realizing the holistic impact of trauma, recognizing symptoms of dysregulation, responding to needs appropriately, and resisting retraumatization (SAMHSA, 2014). Prior research suggests the effectiveness of TIC may be attributed to sincere connections between providers and clients (Hales et al., 2018). Thus, the goal of the present study is to determine if patient perceptions of TIC predict a stronger therapeutic alliance (i.e., safety, collaboration/mutuality, and multicultural competence). Participants in this study will consist of 50 adults receiving individual outpatient counseling services from a licensed mental health provider currently or who have within the past 36 months. To measure

the amount of TIC received, participants will complete the Patient Trauma-Informed Care Survey (Kokokyi et al., 2021). The Brief-Revised Working Alliance Inventory (BR-WAI; Horvath & Greenberg, 1989; Mallinckrodt & Tekie, 2015) will measure a client's perceived safety and collaboration/mutuality with their provider. Additionally, the Client Assessment of Multicultural Competent Behavior scale (CAMBC; Oh & Shillingford-Butler, 2021) will measure client's perception of their therapist's multicultural competence. A series of Pearson R correlations are expected to demonstrate that clients receiving a larger extent of TIC will experience more safety, collaboration/mutuality, and multicultural competence from their clinicians. The findings will begin to bridge the gap within TIC research regarding patient outcomes of TIC, and therefore improve quality of care for trauma survivors.