

Trauma & Grief Component Therapy for Adolescents (TGCTA) Cohort 1 Orientation & Leadership Meeting #1

Center for Evidence to Practice

Tuesday, April 21, 2026

12:00PM-1:00PM CDT

LSU Health
NEW ORLEANS
School of Public Health

 LOUISIANA
DEPARTMENT OF HEALTH

Welcome! Who is on the call?

- *Name*
- *Agency & Role*
- *Trainees: What are you looking forward to most with TGCTA training?*
- *Leaders: Are you familiar with the TGCTA training model?*

hello

Overview

- Meet the Training Team
- TGCTA Training Approach
- Consultation & Auditing
- Training Dates & Training Process
- TGCTA Leadership & Agency Support
- Questions & Answers

Overview

- Meet The Lucine Center
- What is TGCTA & Modality Information
- Training Approach
- Participation in this Initiative
- Training Dates & Application Process
- Questions & Answers

Lucine Center for Trauma and Grief

Lucine Center
for trauma and grief

Trauma and Grief Component Therapy

TGCT is an evidence-based treatment for youth who have experienced one or more traumatic events and/or the death of a loved one. TGCT is designed to reduce symptoms of posttraumatic stress, maladaptive grief reactions, depression, and/or functional impairment.

(TGCT; Saltzman, Layne, Pynoos, Olafson, Kaplow, & Boat, 2017)

What is TGCTA?

- **Trauma and Grief Component Therapy for Adolescents (TGCTA)** is an evidence-based, assessment-driven, modularized treatment for adolescents aged 12 to 18 whose histories of exposure to trauma, bereavement, traumatic bereavement, and other major life adversities place them at high risk for severe persisting distress, functional impairment, risky behavior, and developmental disruption.
- Originally designed for small-group settings, TGCTA can also be used effectively in individual treatment. TGCTA has been implemented in school districts, mental health clinics, and juvenile justice sites across the U.S. and abroad.
- It has shown effectiveness in reducing posttraumatic stress reactions, maladaptive grief reactions, depression, school problems, and disruptive and/or violent behavior. Positive outcomes include improved peer relations, GPAs, school rule compliance, and school interest.



How is TGCTA implemented?

➤ *TGCTA contains **four modules**, which can be flexibly selected and sequenced to match youths' individual assessment profiles. This design allows therapists great flexibility in tailoring treatment according to the specific intervention objectives for each individual client or therapy group.*

Module I (up to 8 sessions)

- Deepening adolescents' insight into the ongoing effects of trauma and bereavement; including the ways in which trauma and loss reminders (as well as the posttraumatic stress and grief reactions they evoke) continue to affect their daily lives
- Strengthening the therapeutic alliance
- Establishing positive group norms,
- Building group cohesion,
- Enhancing self-regulation and coping skills
- Improving adolescents' ability to recruit social support

Module II (up to 3 sessions which can be repeated)

- Processing traumatic experiences by constructing trauma narratives, identifying worst moments, and challenging and modifying traumatic expectations and other maladaptive appraisals
- Strengthening youths' impulse control by helping adolescents understand and predict the ways in which trauma reminders can trigger emotional dysregulation and risky behavior in addition to developing more adaptive ways of coping with trauma reminders

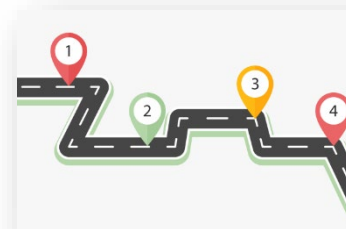
Module III (up to 3 sessions)

intervention objectives include:

- Identifying personal loss reminders and clarifying the grief reactions they evoke
- Identifying personal grief reactions
- Reducing various types of maladaptive grief reactions
- Promoting appropriate grieving and mourning practices

Module IV (up to 4 sessions)

- Promoting adaptive developmental progression by reflecting on trauma-induced disruptions in their personal development, including lost developmental opportunities
- Forming positive, realistic life plans and ambitions and taking concrete steps to achieve them
- Increasing youths' problem-solving abilities, reducing risky behavior, facilitating prosocial behavior, and helping youth prepare for the roles and responsibilities of young adulthood and becoming well-functioning citizens within greater society



TGCTA Target Population Characteristics

- **TGCTA** is for adolescents aged 12-18 years who may have been exposed to or experienced grief, trauma, traumatic grief, or other adverse childhood events (ACEs) that may be impacting their cognitive and/or behavioral development and/or functioning. These adolescents may be identified as having persistent posttraumatic stress symptoms, risky or disruptive behaviors, or functional impairment. Examples of exposure and experiences are as follows:
- Trauma exposure: Community violence, gang violence, serious accidents, natural disasters, political violence, war, illness, terrorist attacks, witnessing interpersonal/domestic violence, physical assault sexual assault, medical trauma
- Grief exposure: loss of a loved one in a non-violent manner, i.e.: peaceful death of a family or community member due to old age
- Traumatic grief: loss of a loved one due to a sudden/unexpected violence-related manner, i.e.: homicide, suicide, car accidents, overdose, etc.
- Other ACEs: having parents/caregivers who abuse substances, unstable housing/moving excessively in childhood, experiencing divorce, displacement, etc.



How is TGCTA training structured?

- 1. TGCTA Training Day** – 2 full days conducted via Zoom: **Wednesday-Thursday, May 13-14, 2026, from 9:00am-4:30pm**
- 2. Monthly Consultation Calls (1 hour per month for 6 months, Date/Time TBD):** Post-training consultation support
 - The group of clinicians gather via Zoom to discuss current cases, any process issues that arise, and delve into the details of delivering TGCTA with adolescents. Consultations are conducted by the Lucine Center Team.



PPT/YPT Training Cohort Dates

<u>Events</u>	<u>Date</u>
TRAINING COMMITMENT & TEXTBOOK REQUEST FORM DUE:	Wednesday, April 15, 2026
MANDATORY TGCTA Orientation Meeting:	Tuesday, April 21, 2026, 12:00pm-1:00pm CDT
TGCTA TRAINING DAYS:	Wednesday-Thursday May 13-14, 2026, 9:00am-4:30pm CDT
TRAINING CE EVALUATION DUE:	Thursday, May 21, 2026
CONSUTATION CALL COMMITMENT:	1-hr Monthly calls for 6 months

CEs will be provided for **social workers and counselors** who are accepted into this current TGCTA training cohort. Other licensed individuals can apply through their licensing boards.

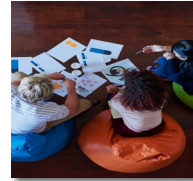


A blue ballpoint pen with a silver-colored tip and barrel accents is positioned diagonally on the left side of the image. The background is a document with a light blue grid and a bar chart consisting of several vertical bars of varying heights, all in shades of blue. The word "Auditing" is printed in a bold, black, sans-serif font in the center-right area of the image.

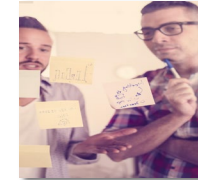
Auditing

The Power of Consultation

- Encourage collaboration



- Identifying challenges and solutions



- Supporting informed decision-making



How do I become TGCTA Rostered?

1. Attend ***BOTH*** virtual training dates – **May 13-14, 2026, from 9:00am-4:30pm CT**
 - ✓ The camera **MUST BE ON** during the whole training
 - ✓ Engage as if you were in a training room
 - ✓ Follow the [Center Training Expectations & Guidelines](#)
2. *Participate in at least **75% of the six (6) one-per-month consultation calls***
3. *Complete TGCTA with **at least one (1) case***
4. *Completion of **other required fidelity metrics***
5. ***Then you will be come TGCTA Rostered as part of the National TAG Coalition!!***

TGCTA Agency Support

- Within agency peer supervision
- Caseload adjustment
- Referral pathways
- Website/Advertisement of Services
- Other Thoughts/Suggestions?

Where can I Learn More?

➤ Access the resources available on The National Child Traumatic Stress Network (NCTSN) website: [tgcta fact sheet.pdf](#)

The image shows a document titled "TGCTA: Trauma and Grief Component Therapy for Adolescents" from the National Child Traumatic Stress Network (NCTSN). The document is a fact sheet with a blue header and a white body. The header includes the NCTSN logo and the title. The body is divided into sections: "GENERAL INFORMATION", "Acronym (abbreviation) for intervention: TGCTA", "Treatment Description", "Overview", "Although assessment tools are optional...", "Average length/number of sessions:", "Aspects of culture or group experiences that are addressed", and "component, transportation barriers: TGCTA is designed to accommodate individual differences in responses to trauma, bereavement, and traumatic bereavement." The footer contains the text "Trauma-Informed Interventions | August 2018" and "TGCTA: General Information".

NCTSN
The National Child Traumatic Stress Network

TGCTA: Trauma and Grief Component Therapy for Adolescents

GENERAL INFORMATION

Treatment Description

Acronym (abbreviation) for intervention: TGCTA

Overview: TGCTA is an evidence-based, manualized intervention that addresses the complex needs of older children and adolescents contending with trauma, bereavement, or traumatic bereavement. TGCTA's modularized, flexible design allows clinicians to customize their intervention according to the specific needs, strengths, and life circumstances of specific youth and the time available. TGCTA combines state-of-the-art assessment and treatment of trauma exposure, bereavement, and the interplay between posttraumatic stress and grief reactions that can arise following traumatic bereavement. TGCTA has been widely implemented and studied both nationally and internationally. The manual and accompanying support materials offer detailed session-by-session guidance for conducting the program in either a group-based, individual, or combined modality (i.e., combined = group-based + individual pullout sessions to address highly personal/distressing material). Psychoeducational and skills-building components from Modules 1 and 4 have also been implemented successfully in classroom settings.

Although assessment tools are optional, their use is encouraged in order to derive the most benefit from TGCTA's assessment-driven, modularized design, which offers clinicians great flexibility in tailoring their treatment plan according to youths' specific assessment profiles.

Average length/number of sessions:

- TGCTA's four treatment modules permit therapists to flexibly tailor (make minor adjustments to) or adapt (make major adjustments to) their intervention plan to accommodate their client's specific needs, strengths, life circumstances, and informed preferences. Depending on which modules are implemented, the total number of sessions ranges from 8 to 24.
- Module selection and sequencing are left to the practitioner's discretion based on youth needs, strengths, and availability for treatment. This makes TGCTA highly adaptable for implementation in a variety of settings, including juvenile justice.
- Sessions are designed to take approximately 50 minutes (a standard therapeutic hour). Alternatively, individual sessions can be shortened in duration (e.g., 40 to 45 minutes) to accommodate shorter school class periods, or expanded (up to 90 minutes) as needed and if time allows, by incorporating more session activities/tools and optional exercises.

Aspects of culture or group experiences that are addressed (e.g., faith/spiritual component, transportation barriers): TGCTA is designed to accommodate individual differences in responses to trauma, bereavement, and traumatic bereavement. These differences may arise from cultural, developmental, or exposure-based influences on how children, adolescents, and their families respond to traumatic experiences. For example, many psychoeducational and skills-building exercises in Module 1 address culturally-linked dimensions to trauma and loss, including acknowledging and validating how different people may respond and cope differently to similar events, or

Trauma-Informed Interventions | August 2018
TGCTA: General Information

Contact Information regarding the TGCTA Application:

Center for Evidence to Practice

Email: EvidenceToPractice@lsuhsc.edu

Phone: (504) 568-5731

We want to hear from you!

- Let us know what would be most helpful/beneficial during these calls!
- Feedback can be provided here:
 - [EBP Leadership Evaluation Form](#)



What Questions Do You Have?

