

# ITCT-A Problems-to-Components Grid

## Adolescent/Young Adult, version II (PCG-A-II)

Problem area [ATF-A-II item]	Treatment components that may be useful [chapter in Treatment Guide]
1. Safety (environmental)	Safety training [5], psychoeducation [6], system interventions [1, 5].
2. Issues associated with sexual or physical victimization by adult(s) or peer(s)	All treatment guide chapters are potentially relevant.
3. Caretaker support issues	Family therapy [15], collateral sessions [13, 15], caretaker groups [15], group therapy [16].
4. Anxiety	Cognitive processing [9], distress reduction and affect regulation training [7], titrated exposure [10], mindfulness [8], medication [2].
5. Depression	Cognitive processing [9], relational processing [13], relationship building and support [4], group therapy [16], medication [2].
6. Aggression risk	Trigger identification and intervention [11], distress reduction and affect regulation training [7], cognitive processing [9], psychoeducation [6], mindfulness [8]. <i>If severe: consider referral to law enforcement or inpatient services.</i>
7. Low self-esteem	Cognitive processing [9], relational processing [13], group therapy [16], relationship building and support [4], mindfulness [8].
8. Posttraumatic stress	Titrated exposure [10], trigger identification and intervention [11], psychoeducation [6], relationship building and support [4], distress reduction and affect regulation training [7], mindfulness [8], medication [2].
9. Attachment insecurity	Relationship building and support [4], relational processing [13], group therapy [16], family therapy [15], collateral sessions [13, 15].
10. Identity/self-reference issues	Relationship building and support [4], relational processing [13], group therapy [16]. See chapter 12.
11. Relationship problems	Relationship building and support [4], relational processing [13], cognitive processing [9], group therapy [16].
12. Suicidality	Safety training [5], distress reduction and affect regulation training [7], trigger identification and intervention [11], cognitive processing [9], system interventions [1, 5]. <i>If severe: consider referral to emergency or inpatient services.</i>
13. Dissociation	Distress reduction and affect regulation training [7], trigger identification and intervention [11], titrated exposure [10].

# ITCT-A Problems-to-Components Grid

## Adolescent/Young Adult, version II (PCG-A-II)

Problem area [ATF-A-II item]	Treatment components that may be useful [chapter in Treatment Guide]
14. Substance use and abuse	Trigger identification and intervention [11], distress reduction and affect regulation training [7], mindfulness [8]. See chapter 14 and Substance Use and Abuse Guide.
15. Grief	Psychoeducation [6], cognitive processing [9], relationship building and support [4], titrated exposure [10], group therapy [16].
16. Problematic sexual behaviors	Safety training [5], psychoeducation [6], trigger identification and intervention [11], distress reduction and affect regulation training [7], cognitive processing [9].
17. Self-injury	Distress reduction and affect regulation training [7], safety training [5], trigger identification and intervention [11], cognitive processing [9], psychoeducation [6]. <i>If severe: consider referral to emergency or inpatient services.</i>
18. Bingeing or purging	Distress reduction and affect regulation training [7], psychoeducation [6], trigger identification and intervention [11], cognitive processing [9]. <i>If severe: consider referral to eating disorder specialist or inpatient services.</i>
19. Other risky behaviors	Psychoeducation [6], safety training [5], trigger identification and intervention [11]. <i>If severe: consider referral to emergency or inpatient services.</i>
20. Legal/juvenile justice/ immigration issues	System interventions [1, 5], psychoeducation [6], safety training [5].
21. Issues associated with bullying (victim)	Safety training [5], system interventions [1, 5], psychoeducation [6].
22. Issues associated with social response to race/gender/identity/orientation	Safety training [5], system interventions [1, 5], psychoeducation [6], interventions for identity issues [13], group therapy [16].
23. Easily triggered flashbacks, emotions, or behaviors	Trigger identification and intervention [11], distress reduction and affect regulation training [7], titrated exposure [10], mindfulness [8].
24. Emotion regulation/tolerance problems	Distress reduction and affect regulation training [7], trigger identification, psychoeducation [6], relationship building and support [4], mindfulness [8].
25. Issues associated with prostitution, sex for food/shelter/ drugs, other sexual exploitation	Safety training [5], system interventions [1, 5], relationship building and support [4], psychoeducation [6].