

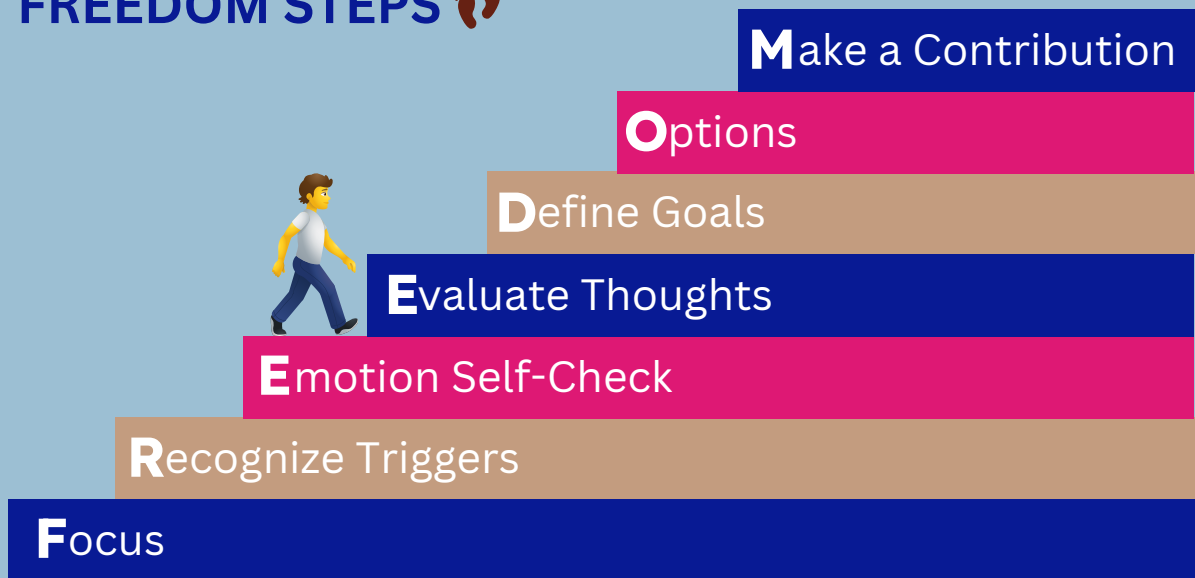
What is TARGET?



Trauma Affect Regulation: Guide for Education and Therapy

🎯 TARGET is an educational and therapeutic intervention for the prevention and treatment of traumatic stress disorders. TARGET teaches a 7-step sequence of skills, the FREEDOM Steps, designed to enable youth and adults to understand and gain control of trauma-related reactions triggered by current daily life stressors.

FREEDOM STEPS



Why do we use it?

To help youth and adults recognize and purposefully utilize their personal strengths when experiencing stress reactions in their current lives.

To empower and challenge trauma survivors, and the professionals working with them, to become highly focused and mindful, to make good decisions, and to build healthy relationships.





How does it help?

Focuses on shifting the way a person processes information and emotions so that they are able to live life and make sense of memories without being trapped in an alarm state.



What is the brain's alarm?

TARGET describes the stress response system as an “alarm” in the brain that is triggered by trauma or extreme stress. When the brain becomes stuck in “alarm” mode a person cannot access the brain’s capacities for clear thinking, and therefore reacts to all types of current stressors as survival threats.

It helps explain stress reactivity as the product of an ingrained, but reversible, biological change in the brain’s alarm and emotion and information processing along with the body’s stress response system.



What makes TARGET unique?



- Based on neurobiology of stress reactivity in the brain
- Focuses on current stress reactions and not does require a discussion of past extreme stressors or traumatic events
- Teaches a systematic skill set for emotion regulation
- Successfully implemented in child welfare and juvenile justice settings with adolescents and young adults
- Compatible with other evidence-based therapies
- Suitable for delivery by a wide range of individuals
- Provides a systematic approach to implementation, quality assurance, and sustainability
- Models system-level and organizational change



TARGET was developed by Julian Ford, PhD, a clinical psychologist and Professor of Psychiatry, University of Connecticut Health Center. Listen to examples of TARGET and other trauma-informed tools in action in [Roadmap for Change: Trauma Recovery & Juvenile Justice](#).

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