

SPARCS

Structured Psychotherapy for Adolescents Responding to Chronic Stress

SPARCS is a 16 session group treatment created for youth who have experienced trauma and live with ongoing stress.

SPARCS aims to help youth find that “sparc” of light within themselves and enhance their strengths and resilience.

As a strength-based approach, SPARCS was designed to:

- help youth find the wisdom in their responses
- support skills they already possess
- foster new ways of coping

Through validation and connection, SPARCS therapists strive to provide youth with the freedom to address problems that are important to them and create opportunities for change.

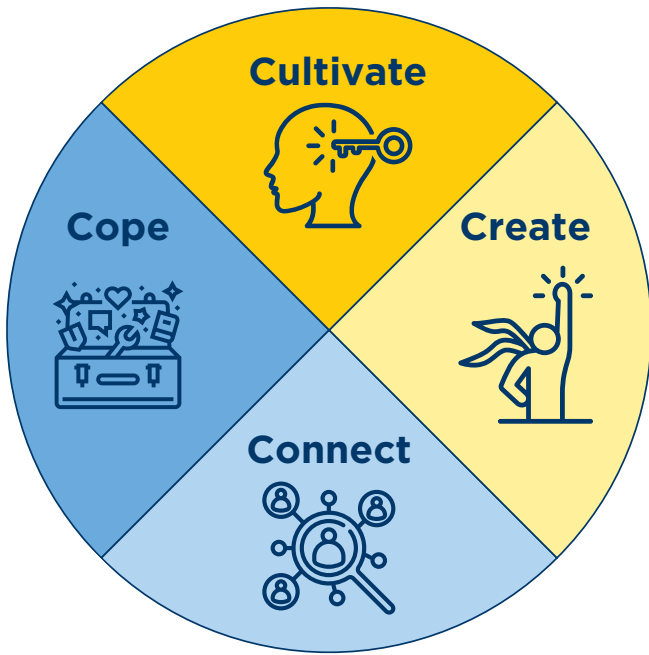
Focus of SPARCS Treatment

Youth who have experienced trauma and chronic stress may often:

- Feel easily frustrated & upset
- Act impulsively or self-destructively
- Be quick to anger
- Struggle to calm down
- Have frequent pain, headaches, sickness
- Zone out, space out
- Difficulties concentrating & focusing
- Feel shame & guilt
- Feel damaged & have low self-esteem
- Struggle with relationships
- Difficulty with trusting others
- Feel hopeless about life
- Pessimistic about the future

SPARCS works with youth to help them address problems and cope with:

- Regulating Emotions & Impulses
- Physical Experiences of Stress
- Attention Problems
- Low Self Esteem
- Relationships
- Sense of Meaning & Purpose



The Four C's

In order to address common problem areas, SPARCS therapists work with youth to practice, "The Four C's" in order to:

- Cultivate Awareness
- Cope More Effectively
- Connect with Others
- Create Meaning and Purpose

What Happens in Group Sessions

Sessions focus on enhancing coping strategies and teaching youth how to make choices even in the face of stress and potential danger. Youth learn steps to help manage the moment & make it more likely that they can get what they want and need when under stress. Youth are encouraged to improve access to their strengths through mindfulness exercises, role plays, and activities with movie clips and discussion.

Sample topics include:

- Managing your emotions so they don't manage you
- Understanding how your body reacts to stress
- Improving communication skills
- Building supportive relationships
- Createing meaning and purpose



Contact Info for Questions:



TREATMENT COLLABORATIVE
FOR TRAUMATIZED YOUTH