

# Trans-Affirmative Narrative Exposure Therapy (TA-NET):

A therapeutic framework for addressing trauma- and minority-related stress



## LEARNING

## OBJECTIVES

### Identify

How Narrative Exposure Therapy (NET) can be utilized to address trauma- and minority-related stressors.

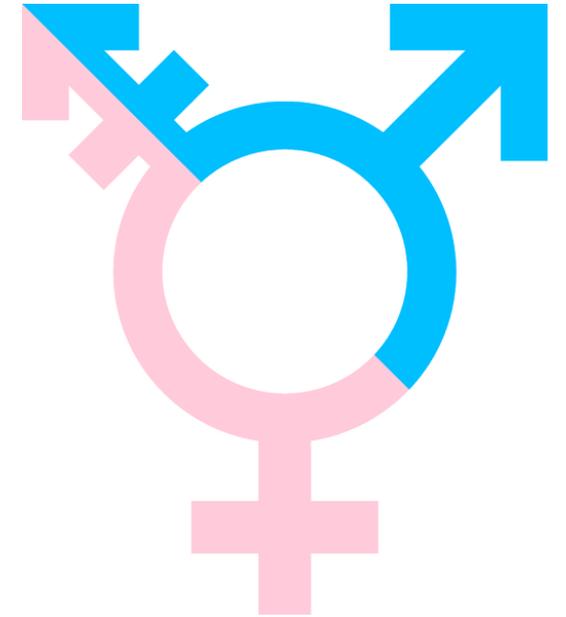
### Learn

About the initial impact of TA-NET while it is being tested at VHA facilities across the country.

## ADDRESSING A NEED

*Transgender people are twice as likely to have served in the military.*

- Transgender Veterans are:
  - At an increased risk of trauma exposure, discrimination, and developing PTSD
  - More likely to have a suicidal behavior compared to the general veteran population
  - Less likely to seek mental health treatment



# TREATMENT FRAMEWORK

- Short-term trauma-focused psychotherapy
  - Incorporates protective events and gender identity development
- 60 minute appointments; 12-16 Weeks

## Three Phases

Phase One: Constructing the Timeline

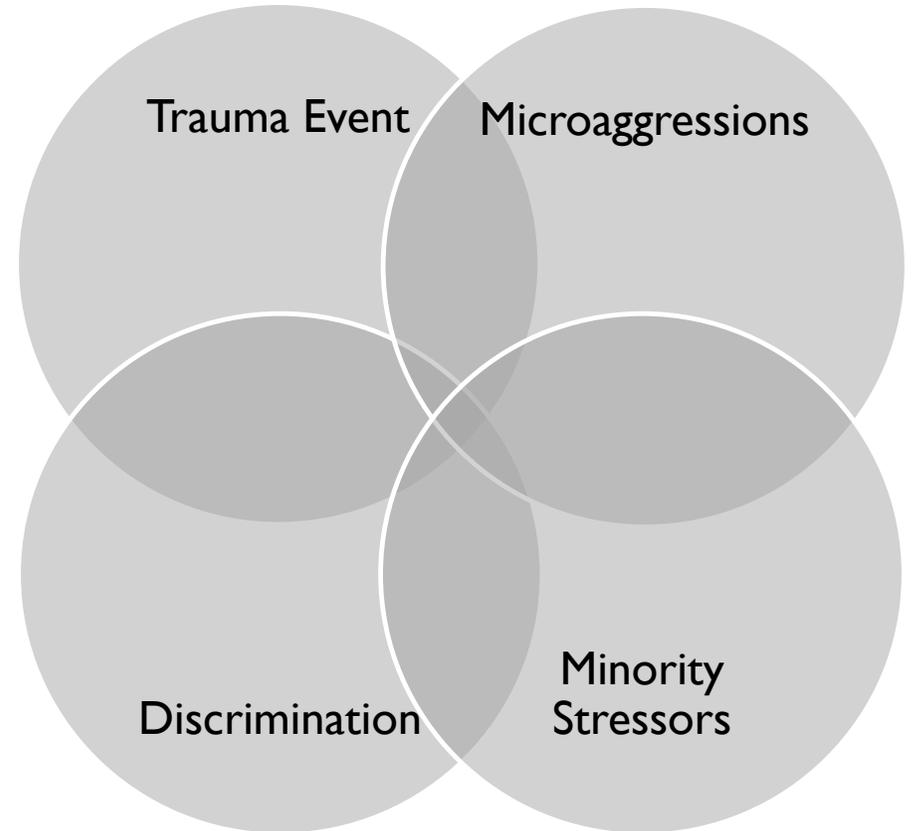
Sessions 1-2

Phase Two: Chapter Narratives

Sessions 3-10

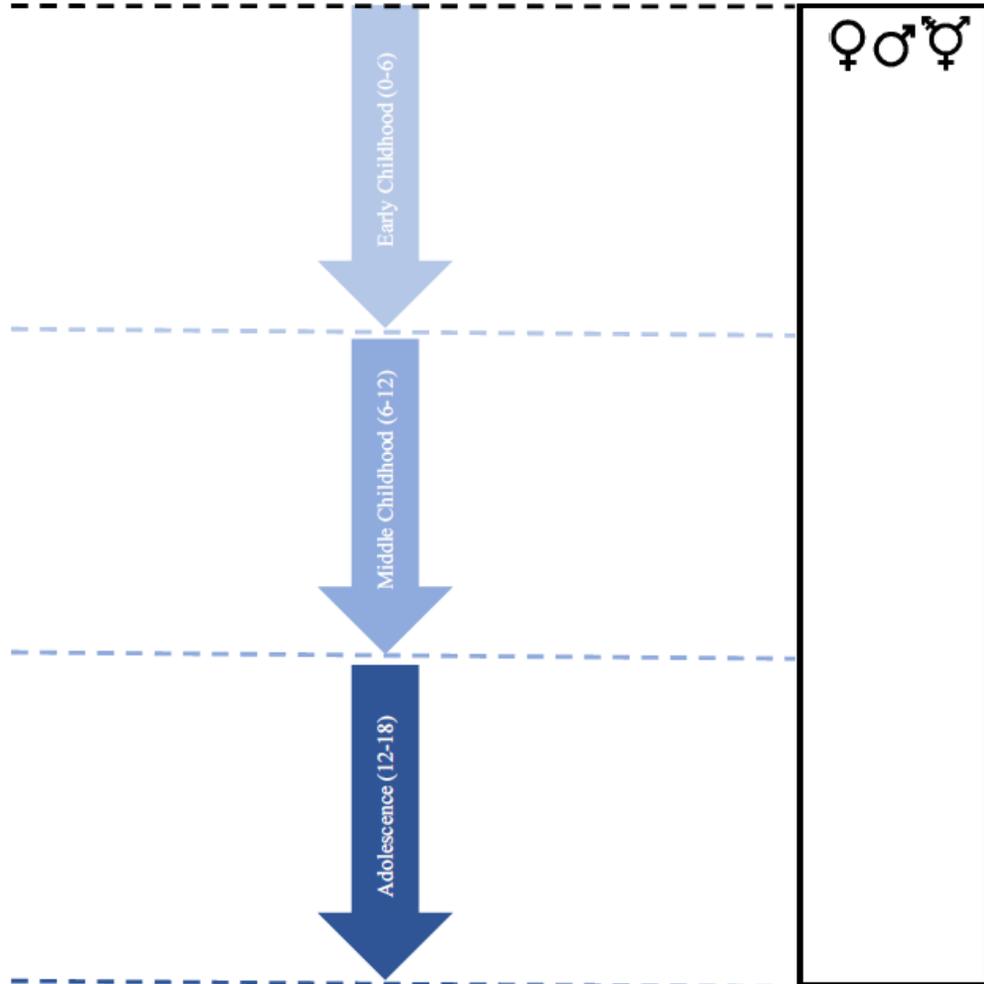
Phase Three: Completion and Future Goals (Termination)

Sessions 11-12

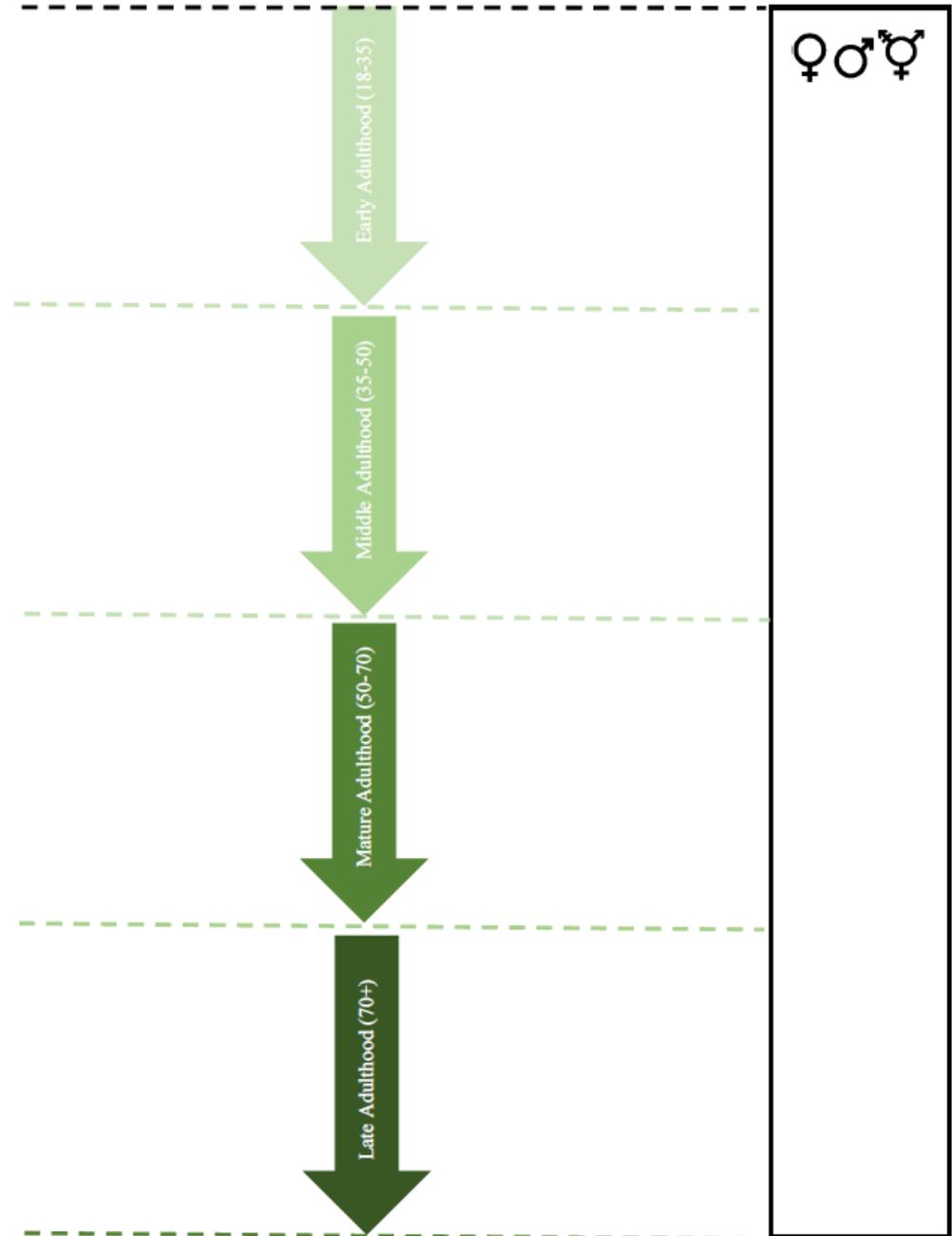


### TA-NET Timeline

Directions: You are being asked to create a chronological narrative of your entire life. On the left side of the arrow, identify trauma events. You are not being asked to provide details at this time; you can just write a few words to categorize the experience. On the right side, identify positive events that have occurred. In the box, write moments related to your gender identity (e.g., awareness, questioning, exploring, celebrating, etc.).



Developed by: Dr. Tiffany Lange (Hampton VA Medical Center)



Developed by: Dr. Tiffany Lange (Hampton VA Medical Center)



## PHASE TWO: CHAPTER NARRATIVES

- Session Structure
  - Client reads previously assigned narratives
  - Verbal Processing
  - Assignment of next narrative
- Therapeutic Tasks
  - Psychoeducation
  - Validation
  - Identity Integration / Fostering Positive Identity
  - Challenging avoidance and internalized stigma
  - Fostering resiliency
  - Identification of themes



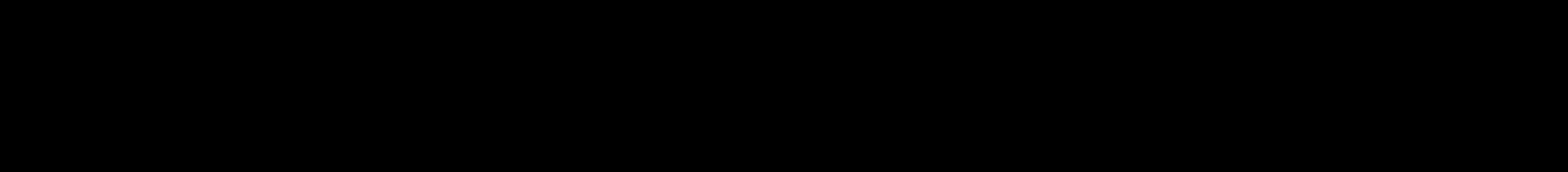
## PHASE THREE: COMPLETION AND FUTURE GOALS

- Final HW assignments:
  - “Letter from the Author”
  - Title
- Maintaining therapeutic gains
- Goals for the future



# INITIAL IMPACT

*Data collection is still in the early stages and grand conclusions can not be drawn at this time. However, initial findings are promising and worthy of continued evaluation.*



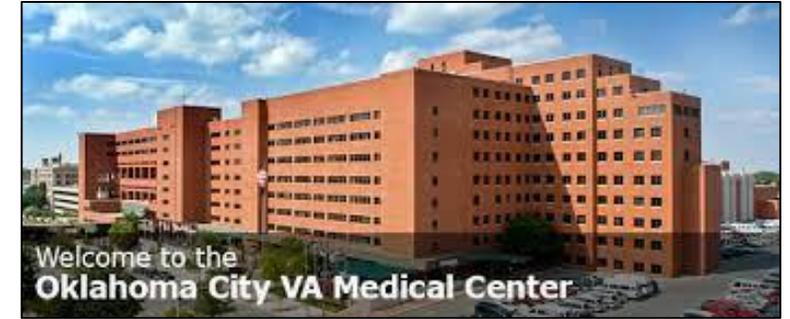
## 10 Mental Health Providers are currently in consultation.

"This will be a perfect fit for the client. He has a great deal of trauma exposure and so many concerns about his gender identity. This approach will allow for addressing everything at once."

"I think it is such a helpful and creative way of reaching Transgender Veterans that isn't as well captured by CPT and PE."

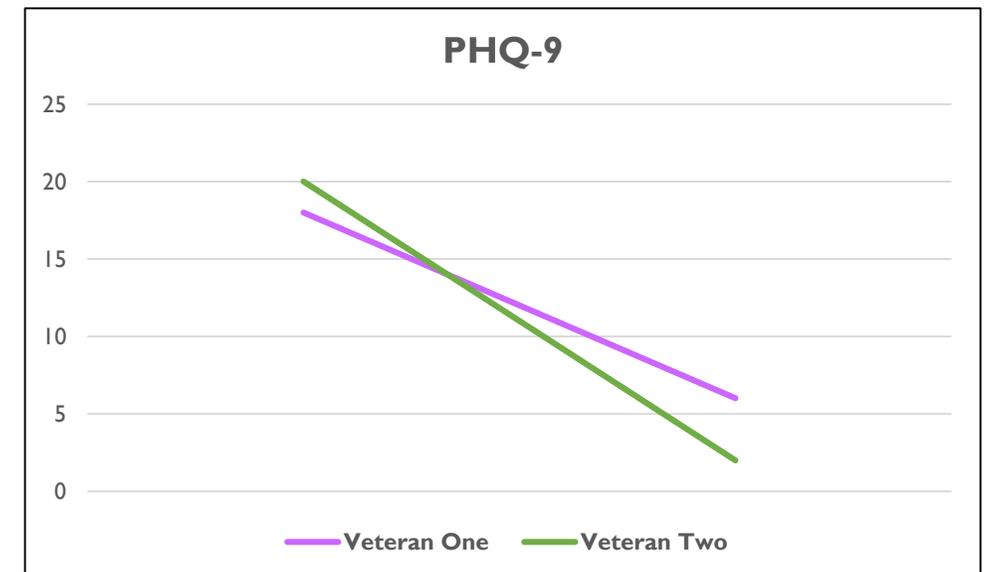
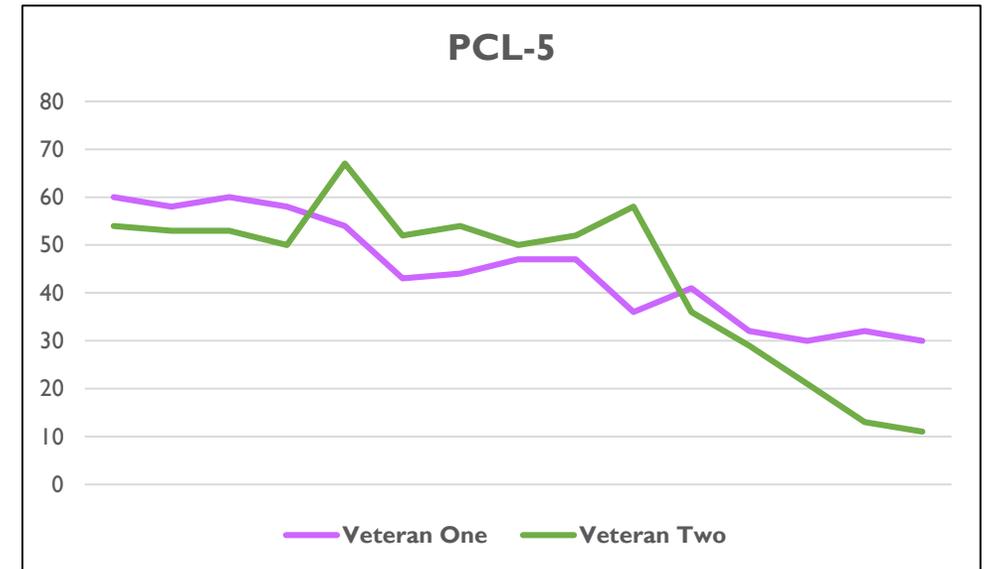
"For those who may not have been heard in the past, TA-NET is an excellent fit."

"I love this treatment so much, it opens the opportunity to have conversations about privilege more organically."



## CURRENT DATA TRENDS

- N = 19 (and counting)
  - 2 Completed
  - 17 In Progress
- Measures
  - PTSD Checklist (PCL-5)
  - Patient Health Questionnaire (PHQ-9)
  - Client Satisfaction Questionnaire (CSQ-8)



# HEALING THROUGH STORYTELLING

“I own my story now.... I realize as I've been writing this that I'm not obligated to have my trauma take up so much of my story anymore.”

"I've gone through all of this. I'm here now. I want to move forward and now my journey continues."

"I wanted to define who I am. There are all these good things about me and I feel proud of that.”

“I finally feel heard.”

QUESTIONS?

COMMENTS?