



Strengthening Family Coping Resources: Intervention for Families Impacted by Trauma

Laurel Kiser

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Strengthening Family Coping Resources (SFCR) uses a skill-building, multi-family group framework to teach constructive resources to families who have a high exposure to stress and trauma. As an intervention for high-risk families, SFCR can cause a reduction in symptoms of traumatic distress and behavior problems and help families demonstrate higher functioning. The SFCR manual is based on a systemic, family approach and uses empirically-supported trauma treatment that focuses on family ritual, storytelling, and narration, which improves communication and understanding within family members. The manual is organized into three accessible parts:

- Part 1 details the theoretical and empirical foundations of SFCR
- Part 2 focuses on implementation and the clinical guidelines for conducting SFCR
- Part 3 contains session guidelines focused on the multi-family group versions of SFCR

Each session included in the intervention is structured according to specific guidelines, and instructions provide examples of what facilitators might say to a group.

Formed through the input of psychiatrists, psychologists, social workers, and anthropologists, *Strengthening Family Coping Resources* will help you reduce the symptoms of traumatic stress disorders and increase coping resources in children, adult caregivers, and the family system. It also provides a novel approach to addressing co-occurring traumatic reactions in multiple family members by including developmentally appropriate skill-building activities that are reinforced with family practice. For anyone working with families in a therapeutic capacity, this manual is a must-have resource.

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