



# TARGET:

## Evidence-based Intervention for Traumatic Stress Disorders and Behavioral Health Illness in Hispanic and Latino Communities

TARGET is a therapeutic intervention for the regulation of the effect of trauma that can be adapted for Latinx children, youths and families that have experienced traumatic events and/or are experiencing behavioral health challenges. Traumatic victimization experiences include:

- Sexual and physical abuse
- Verbal and emotional abuse
- Neglect
- Torture
- Rape/sexual coercion
- Kidnapping
- Assault/mugging
- War and terrorism
- Hate crimes
- Robbery and property destruction
- Dating violence
- Witness family violence and murderer

### Stressors and Adversities that Hispanic and Latinx Youth, Families, and Communities Face

Minority groups present higher risks of experiencing stressors and adversities. Latinx may face ethno-racial trauma due to violence because of their racial or ethnic background. Most frequent stressors that minorities face include:

- Violence and victimization in the country of origin and in transit
- Inhumane conditions in custody/detention/incarceration
- Loss of connections to community and culture
- Separation of parents, children, and families
- Disparities in access to socioeconomic, residential, and educational resources
- Disproportionate criminal/juvenile justice contact
- Racism (discrimination, micro-aggressions)
- Language barriers

After facing a traumatic event, clinician's may observe alterations in the way Latinx and other immigrant communities think and feel. Other behavioral health challenges that Latinx could experience include reactive aggression, unresolved grief, suicidality, school problems, and depression. TARGET is an intervention that helps individuals reconnect with their emotions and thoughts, by providing a sense of confidence. Also, TARGET provides psychoeducation regarding the impact of trauma on the body and brain.

TARGET intervention includes seven steps to re-setting the brain's alarm from survival mode. This intervention is known as FREEDOM, and includes the following steps:

- **Focus** - a step to reduce anxiety, slow down, orient
- **Recognize triggers** - helps the individual to recognize stress triggers
- **Emotion self-check** - identify primary feelings
- **Evaluate** - one main thought and self-statements
- **Define goals** - one main personal goal
- **Options** - develop positive choices
- **Make a contribution** - recognize how to make the world a better place

## Recommendations for Clinicians that Want to Provide TARGET to Latinx:

- For more training or information about TARGET you can visit their website:  
<http://www.advancedtrauma.com/Services.html>
- Incorporate cultural variables that help individuals recover from posttraumatic stress disorder (PTSD) and other trauma-related mental health conditions.
- Explore cultural strengths that can promote resilience like:
  - Community ties
  - Learning and achievement
  - Spiritual faith
  - Respect for elders
  - Acceptance of emotional expressivity
  - Strong nuclear and extended family cohesion and support

## References:

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