



*Los Angeles County DMH, Continuum of Care Reform Division*

## Trauma / Resilience Tip of the Week: Neurobiology of Trauma - ARC

**The Attachment, Self Regulation, and Competency (ARC) Framework is one of a handful of emerging treatment models being developed in partnership with the National Child Traumatic Stress Network (NCTTSN) as an intervention for children and adolescents impacted by complex trauma. The ARC framework is theoretically grounded in attachment, trauma, and developmental theories and seeks to heal the exposure to chronic, interpersonal trauma.**



**Within those domains, the framework focuses on the following core targets or building blocks of intervention:**

### **Attachment:**

- 1. Caregiver management of affect**
- 2. Attunement**
- 3. Consistent response**
- 4. Routines and rituals**

### **Self-Regulation:**

- 1. Affect identification**
- 2. Modulation**
- 3. Affect expression**

### **Competency:**

- 1. Executive functions**
- 2. Self-development and identity**