

TARGET To Be Focus of Department of Justice Treatment Study

Effectiveness study for incarcerated women

The *Women Overcoming and Managing Adversity Now (WOMAN)* study is testing the effectiveness of a group therapy for incarcerated women with post-traumatic stress disorder (PTSD) – Trauma Affect Regulation: Guide for Education and Therapy (**TARGET**) – versus supportive group therapy (SGT). Women incarcerated at York Correctional Institution (the State of Connecticut's Women's Prison) who meet research diagnostic criteria for PTSD will receive 24 twice-weekly group sessions, 12-sessions of **TARGET** followed by 12-sessions of SGT, or the reverse order.

Interview, questionnaire, and archival records data on PTSD, depression, anxiety, anger, guilt, shame, and emotion regulation and interpersonal functioning will be obtained at baseline, post-treatment phase 1, post-treatment phase 2, and at a 3-month post-treatment follow-up, and analyzed with random effects regression and survival analysis methods. The study replicates prior randomized trials of **TARGET** with outpatient addiction treatment clients, young mothers, and delinquent girls, all of which are designed to “break the cycle” of trauma and criminal justice involvement with high-risk under-served populations often suffering from PTSD.

The study is funded by the Department of Justice and is being done in collaboration with the Connecticut State Department of Correction and Connecticut’s provider of health care to incarcerated adults (*The University of Connecticut Correctional Managed Health Care Program*), and serves as a foundation for future studies testing **TARGET** and for disseminating **TARGET** across public service systems nationally and internationally.