

## New CTSA-Funded Pilot Study Investigates the Effectiveness of Storytelling-Based Therapy

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Is Narrative Exposure Therapy a low-cost solution for treating PTSD and substance abuse among adolescents?

For teenagers from low-income households, trauma from bullying, parental abuse and dating violence often goes untreated since many families can't afford traditional therapy.

In search of a less-expensive, yet effective, form of therapy, a new study led by UB behavioral health researcher Ellen Volpe will investigate the effectiveness of narrative exposure therapy (NET) in treating post-traumatic stress disorder (PTSD) and substance abuse among adolescents who have experienced multiple traumas.

The pilot study, "The Effectiveness of Narrative Exposure Therapy (NET) for Diverse Populations Experiencing Multiple Traumas," is funded by the Mentored Career Development Award from the National Institutes of Health's Clinical and Translational Science Awards Program.

The full article is available [here](#).