



Interpersonal Child Trauma Training

LEVEL II WORKSHOPS

Comprehensive Overview of the Assessment of Trauma (2 hours) - 11 a.m. January 26

Dr. Sam Schneider will lead the live, virtual workshop, which will focus on the reasons an assessment is conducted, targets of interest, standardized measures used during the assessment and treatment process, and how to write a comprehensive evaluation.

Collective Trauma (2 hours) - TBD

Our world and its communities have faced a plethora of adverse and traumatic events that impact not only the individual, but the community as a whole. Often times, this collective trauma is another way in which individuals experience harm. Dr. Sky Smith will discuss what collective trauma is, how professionals can partner with these communities to leverage resources, empower community leaders, and promote sustained change.

Community Safety: How Preventive and Reactive Resources, interventions, and the Reunification Processes Work Toward This Common goal (3 hours) - TBD

Tracy Leet, licensed clinical social worker, will explore issues of community safety through supervision in various settings. Supervision of adults and juveniles who cause sexual harm is critical to the sense and actual experience of safety of actual and potential victims. Supervision in a looser term can also be helpful to victims of sexual abuse in that it can provide a sense of containment and support to individuals who feel out of control. This workshop will address the concept and process of reunification of victims with their offenders. It will identify preventive and reactive resources known to support individuals who have been traumatized and those who have caused harm.

Self-Care for the Helping Professional (2 hours) - Recorded

To sufficiently help others, we must first make sure we are in an emotional and physical state of optimal functioning. During the recorded workshop, Alexis Glennon, licensed clinical social worker, will provide strategies for helping professionals to prioritize self-care in a practical and manageable way but during and outside of work.

Betrayal Trauma and Emotional Betrayal for Survivors of Child Sexual Abuse (1 hour) - April 13

Interpersonal trauma (i.e., betrayal trauma) often encompasses emotional betrayal and violation of social norms. The result is a sense of shame and distrust of oneself and the world. Molly Wolf will examine the roles emotional betrayal (by perpetrator and non-offending adults) has on adult victims of betrayal trauma in childhood, particularly in terms of assessment, as well as effects on adult trauma symptoms. Strategies to support healing through helping relationships and interventions will be presented. The live virtual session will be from 2 to 3 p.m. April 13.

Grooming by Sex Offenders and the Impact on Victims and their Family (3 hours) - October

Dr. Doyle Pruitt, licensed clinical social worker, will identify strategies sex offenders use to groom their victim and the environment to gain access to, and sexually offend, victims without being detected. The impact of grooming on survivors, their family, and the community, along with strategies to treat this will be discussed.

Interdisciplinary Work with Trauma (3 hours) - September

After the discovery of child abuse or neglect, survivors and their family members are given recommendations for multiple services. Dr. Doyle Pruitt and Ashley Davoli will identify ways that members of a multidisciplinary team can work in an efficient manner toward the common goal. Strategies on establishing clear expectations and ensuring ongoing communication throughout service provision will be discussed, along with managing conflict and disagreement between providers.

Stronger Together: Interdisciplinary Work with Sex Offender Providers (2 hours) - TBD

Having a basic understanding of how adults and juveniles who caused sexual harm think and act provides critical insight into the treatment of their child victims. This knowledge provides insight into the lived experience of the child survivor, which in turn allows providers to counter cognitive distortions, self-blame, or altered worldviews. Tracy Leet, licensed clinical social worker, also will discuss the ways that treatment providers working with victims and offenders across settings can work together to ensure the safety and healing of all individuals and the community.

The Intersection of Trauma, Gender Identity, Sexual Orientation, and Diversity (3 hours) - TBD

Tracy Leet, licensed clinical social worker, will focus on the developmental challenges faced by the LGBTQ community and individuals of diverse heritage. The intersection of these considerations with each other and various trauma experiences identified. From there, strategies on creating safe spaces physically and emotionally, as well as evidence-based and clinically-informed practices can be developed.

Complimentary Approaches in the Treatment of Trauma (2 hours) - 3 p.m. February 8

Treating child trauma survivors in a holistic manner recognizes the complex manner in which trauma impacts an individual. In this interactive, virtual workshop, Lisa Maynard, licensed social worker, will discuss mind-body techniques, including visualization, yoga, and breathing exercises. The healing power of play, movement, and the arts, and how these can be encouraged and incorporated into the child survivor's daily life will be discussed.

Self-Medicating and Parental Substance Use (3 hours) - 10 a.m. March 8

Numbing emotional pain is an evolutionary coping strategy that has the potential for harmful effects. When the caretaker is using a mind-altering substance, the risk of abuse and neglect increases exponentially. Dr. Jessica Tye, licensed social worker, will discuss off-label psychotropic medication use, alcohol problems, and substance abuse, by youth and caretaker. The impact of use across multiple domains, the risks a youth growing up in these environments faces, and challenges when members of a household are using will be discussed. Differential responses by professionals that work toward creating physical and emotional safety and healing wounds will be discussed in the live, virtual session.

Depression, Anger, and Suicidality of the Trauma Survivor (2 hours) - April 28

Carrie Robinson-Elhassen will discuss identification of risk factors and warning signs for self-harming and suicidal behaviors during the live, in-person session. Strategies to assess and treat these behaviors, and the process of creating a developmentally appropriate safety plan with critical components will be discussed.

Resilience: If It Ain't Fun, They Won't Come (3 hours) - TBD

Resilience is a life-skill strategy that requires support, sustenance and a sense of self-worth. Dr. Marie Watkins, licensed social worker, will discuss the crucial role of a caring adult, regardless of professional setting, as a deciding factor in moving youth from disruptive 'self-defending' behaviors to healthy 'self-compassion' strategies. While caring for children and youth is a foundational and core therapeutic value, enhancing resilience through positive youth development-focused social and emotional 'fun with a purpose' strategies are crucial to engage and build relationships that lead towards change-making interventions.

Hidden Bias and Its Impact on Healing (2 hours) - TBD

Bias is inherent to human beings. Understanding our biases and how they influence our perception of "others" is critical if we want to truly heal trauma. From childhood to adulthood, Shalym Nater's process to reconcile his identities as a Christian, gay, Puerto Rican male continues to evolve. Nater will share his process of splitting, stitching, salvaging, and solidifying his intersectionality of identities. This workshop will explore the concept of bias, microaggressions, the development of self-awareness as a professional, the manifestation of these in our work with clients, and how we can ensure fair treatment of all clients.

Online Literacy and Digital Health of Our Youth (3 hours)

In this recorded workshop, Alexis Glennon, licensed clinical social worker, will discuss the ways youth-serving professionals can identify and engage in practices that promote online safety and the digital health of young people while using various internet platforms. Ways to help facilitate conversations in different provider roles, identify warning signs of online risk, identify online strengths and complete the "technological" part of a Biopsycosocialspiritual assessment will be covered.

Sexual Health of Sexual Abuse Survivors (3 hours)

Am I a virgin? If I was aroused or had an orgasm, does that mean it was not an assault or that I liked it? What are STIs and how do they differ from STDs? What are forms of birth control? I was abused 20 years ago, but it still physically hurts when I have vaginal intercourse, what is going on? All of these are questions survivors of sexual assault may think or ask. Gail Hornor and the Forensic Nurses Association will lead the recorded workshop, which will provide professionals with answers around the sexual health of a survivor across their lifespan.

\$500 FOR FULL PROGRAM OR \$20 PER CREDIT HOUR * FREE FOR CURRENT CACFL MDT MEMBERS

To register, visit cacfingertlakes.org/trauma-training