



Accredited Certification for Trauma
Treatment and Training, una división de
**The International Institutes for Hypnosis,
Trauma Training and Research, A.C.**

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ENTRENAMIENTO EN TRAUMAS DE NIÑOS Y ADOLESCENTES:

Resolución del trauma, planeación del tratamiento y estrategias de terapia.

Description of the Training Program

This is a hands-on clinical skills training for working with kids who have been exposed to significant trauma or loss. This in-depth training will cover child trauma theory, impact of trauma and loss, therapeutic relationship, self-care for counselors/therapists, identification and assessment of traumatized kids, working with parents and other care-givers to help traumatized kids, and directly helping kids to manage their symptoms and to resolve their trauma/loss memories.

The training program involves lecture, demonstration, and in-class practice. This is an experiential training, and part of the learning is to practice the interventions with other participants. Although participants are always in charge of what they disclose, many individuals have reported that their participation led to facing personal issues.

Since the workshop involves 40 hours of class and practices, this course will be held in two different weekends, and a Monday. See the program and thematic content for details.

Objectives

Participants will be able to:

- Explain how past trauma or loss can lead to ongoing problem behaviors or symptoms.
- Describe and implement the essential elements of a trauma-friendly therapeutic relationship.
- Describe and implement the essential elements of therapist self-care.
- Develop and implement a comprehensive trauma-informed treatment plan.
- Persuade parents and other care-givers to behave in ways that support the child's healing.
- Teach kids how to control their impulsive/acting-out behavior.
- Help kids to face and work through their trauma/loss memories.
- Help kids and their care-givers to anticipate and prepare for future challenges.

Main Presenter

This workshop will be in charge of Ricky Greenwald, Psy.D., providing training and consultation. He is a practicing clinical psychologist and also conducts research, currently licensed in New York. He has been working with children, teens, adults, and families since 1985. In addition to directing the Child Trauma Institute, he is currently the Director of Child and Adolescent Programs at the Sidran Institute for Traumatic Stress Education and Advocacy (Baltimore, MD), and also provides weekly psychotherapy services to juvenile delinquents in New York City through a contract with New York's Office of Children and Family Services. Dr. Greenwald is also an EMDRIA-approved EMDR Consultant. He also offers program consultation for agencies and institutions. Among his recent teaching activities have included child trauma training for NYC school-based mental health professionals, and a weekly seminar in child trauma assessment and treatment at the Mount Sinai School of Medicine, Department of Psychiatry. Dr. Greenwald has taught graduate and undergraduate courses such as child/adolescent psychopathology, assessment, development, and personality. He has also provided EMDR training for groups of mental health professionals. Among his publications there are three books and six articles on this subject. He will be coming to México City on a regular bases for teaching through the *ACT Institute*.

TRATAMIENTO DEL TRAUMAS EN NIÑOS Y ADOLESCENTES

Course Outline

Dates of this course: October 25, 26, 27, and November 1st and 2nd, 2003

Place: To be announced.

Schedule: Each day is from 9 to 18 hours (1 hour lunch).

Day 1 - Introduction/Overview

Morning:

- Introduction to child/adolescent trauma and post-traumatic stress
- Trauma's contribution to reactivity and problem behaviors in kids.
- Analyzing kids' problem behaviors from a trauma perspective.
- Overview of child trauma treatment and phases of treatment.

Afternoon:

- What the RICH (therapeutic) relationship brings to distressed kids.
- Self-awareness and self-care for the professional working with distressed kids.

Day 2 - Evaluation and Treatment Planning/Contracting

Morning:

- Establishing a positive relationship with a traumatized kid in the first meeting
- Conducting a trauma/loss history interview

Afternoon:

- Trauma-informed case formulation
- Enhancing motivation and commitment of distressed kids and their parents
- Treatment planning and contracting

Day 3 - Safety and Strength-Building

Morning:

- Case management for safety and security.
- Working with parents and other care-givers to help them manage kids appropriately.
- Trauma-informed placement/intervention planning in provider meetings.

Afternoon:

- Teaching self-management skills for anxiety reduction.
- Teaching self-control skills training for stability, competence, and confidence.
- Helping kids to gradually increase their affect tolerance.

Day 4 - Trauma Resolution

Morning:

- Overview of trauma resolution treatment methods/approaches.
- Breaking down the trauma memory into manageable bites.
- Age-appropriate modifications for the Exposure procedure.
- Guidelines for selecting which memory to work on.
- Treatment vs. referral?

Afternoon:

- Demonstration and supervised practice with Exposure.

Day 5- Consolidation, Relapse Prevention, Special Topics

Morning

- Relapse Prevention and Harm Reduction methods.
- Special Topics (according to participant interest) may include group treatment, crisis response, mandated reporting, etc.

Afternoon

- Group Case Consultation applying this trauma treatment model to current cases.