

Specialty Topics and Trainings

Frontiers of Trauma

The past two decades has seen an explosion of knowledge about how experience shapes the brain and the formation of the self. This evolving science has had profound implications on our understanding of what constitutes effective intervention for individuals who have experienced traumatic stress. In this training, Dr. van der Kolk will highlight a variety of innovative intervention strategies, like neurofeedback, internal family systems and various body/mind techniques, to help mind, brain and body to live fully in the present, rather than staying trapped in the traumatic past.

Attachment, Self-regulation, & Competency (ARC): A Comprehensive Framework for Intervention with Complexity Traumatized Youth

As many as one in four youth will experience a potentially traumatic exposure, and many of these will be multiple or prolonged. The impact of these stressors is far-reaching, and often repeats across generations as yesterday's impacted children become tomorrow's parents and caregivers. Establishing effective practice for this population is a priority, but is challenging, given their diverse histories, their varied presentations, the multifaceted contextual, cultural, and developmental influences which shape them, and the wide range of systems within which they seek care. The Attachment, Self-Regulation, and Competency (ARC) (Kinniburgh & Blaustein, 2005; Blaustein & Kinniburgh, 2010) framework is a core-components treatment model, developed to provide a guiding framework for thoughtful clinical intervention with complexly traumatized youth and their caregiving systems. Drawing from the fields of trauma, attachment, and child development, the framework recognizes the importance of working with the child-in-context, of acknowledging the role of historical experiences and adaptive responses in current presentation, and of intervening with the surrounding environment – whether primary caregivers or treatment system – to support and facilitate the child's healthy growth and development. Rather than identify step-by-step intervention strategies, the framework identifies 10 key “building blocks”, or intervention targets, key skills/goals within each domain, developmental and cultural considerations, and potential applications across settings.

Parent-Child Interaction Therapy - Adaptations (PCIT-A)

Helping children and their caregivers establish healthy, productive relationships can be one of the most challenging aspects of our job as clinicians. Traditional parent training, while helpful in imparting knowledge about parenting skills, does not always translate into creating healthier relationships between children and their caregivers. Parent-Child Interaction Therapy (PCIT), originally developed by Dr. Sheila Eyeberg of the University of Florida, is an empirically supported, short-term parent training intervention that focuses on improving the caregiver-child relationship and increasing children's positive behaviors. It teaches caregivers (biological parents, foster parents, adoptive parents, etc) specific behavior management techniques as they play with their child. PCIT is unique to other forms of parent training as caregivers are coached live by the therapist while

engaging in specific play therapy and discipline skills with their child. PCIT has been found to be a particularly effective treatment, backed by more than 20 years of research.

The Trauma-Informed Parent-Child Interaction Therapy training uses adaptations of PCIT that have been developed to meet the specific needs of traumatized children and their caregivers. This training is based on adaptations of PCIT developed by the Cincinnati Children's Hospital and Dr. Cheryl McNeil of West Virginia University. While PCIT was originally developed for children aged 2 to 7 and their caregivers, this training also addresses using PCIT with children aged 7-12.

Yoga and the Traumatized Body

Because trauma affects the body's physiology, and because traumatic memories are often stored somatically, leaders in the field are increasingly insisting that trauma treatment must incorporate the body. This workshop will introduce trauma-sensitive yoga as a treatment for trauma used at the Trauma Center of Brookline, Massachusetts and described by the authors of *Overcoming Trauma Through Yoga: Reclaiming Your Body*.

In this training, clinicians will learn yoga techniques that can be introduced into a typical one-to-one therapy or small group session. We will present a range of simple practices from seated breathing to some gentle bending and twisting that will give the clinician or healthcare provider a new set of tools to address some of the most fundamental and persistent symptoms of PTSD such as feeling totally overwhelmed by sensation, disembodied, dissociated, powerless and more. The Training Team will also provide clinicians and other providers with some self-care techniques, recognizing that the work of being with severely traumatized clients on the path to healing is extremely challenging and requires special attention to one's own health and well-being.

Psychopharmacological Treatment

This training will focus on the unique ways that traditional medications are used when working with clients who have trauma histories. We will begin with a discussion of the neurobiology of trauma and an introduction to the mechanisms of action for commonly used medications.

We will address the psychopharmacological treatment of individuals with Dissociative Disorders, as well as of children who suffer from trauma-related disorders. Alternative treatments will also be explored. The workshop will explore trauma as it relates to certain common co-morbidities such as Depression, Attention Deficit Disorder, Bipolar Disorder and Substance Abuse. We will look at the interrelationship between hormones and PTSD in women who are pregnant, as well as women in the perimenopause transition.

We will discuss the integration of therapy with Psychopharmacology. Case examples will be utilized to discuss pharmacological treatment in individuals who have experienced trauma, and we will close with a question and answer period.

Understanding and Intervening with Dissociative Clients

In this training, the overarching model of the Trauma Center for working with survivors of primarily emotional abuse and neglect is presented. The focus is on understanding and working with dissociative parts. Trainers describe how and why parts develop, as well as describing parts and their characteristics, with an emphasis on helping clinicians identify when parts have been activated.

Lastly, a model is presented for accessing and working with dissociative parts of clients with PTSD, DDNOS, DID or BPD including when to move to parts work, ways clinicians and their clients can begin to get acquainted with a dissociative part, how to help the “adult self” of the client begin to interact with the parts, and how to help the parts heal. Maintaining a safe environment for the client is key to this work, and trainers discuss safety issues, when it can be harmful to clients to try to work with parts and also how much experience treating trauma therapists need to do this work helpfully.

Transformative Power of Action: Improvisational Theater Techniques with Traumatized Children

This highly experiential workshop will immerse participants in an evening of improvisational theater and cooperative play drawn from Trauma Drama, a trauma-informed, theater-based prevention and intervention model developed by the Trauma Center and Urban Improv, Inc. This workshop will demonstrate, through embodied participation, the application of creative arts exercises and improvisational scene work in cultivation of attunement, regulation, expression, and trauma experience integration with youth or adult clients.

The Complexity of Adaptation to Trauma: Understanding the Impact of Trauma Through a Developmental Lens

This workshop will lay the foundation for trauma-informed care through its depth exploration of the impact on early maltreatment, neglect and caregiver disruption on the development of attachment, regulatory and neurobiological systems in childhood and adolescence, and the ensuing cascade of medical, psychiatric, attentional and functional challenges and accommodations that manifest across the lifespan. Through utilization of a highly innovative and interactive teaching approach, participants will be guided in the assembly of a rich mosaic of knowledge and perspectives on the complexity of trauma adaptation comprised of incandescent "tesserae" cut not from glass or stone but rather from visionary neuroscience, applied clinical research, service systems analysis and luminous clinical case material.

The Disappearing Girl: Working with Trauma-Impacted Adolescent Girls Who Suffer from Depression

Teenage girls' sense of self can begin to "disappear" if they feel disconnected from friends, family, or self, when the pressures of society and the peer group (fitting in, staying thin, etc.) become overwhelming. Girls impacted by trauma are particularly

vulnerable to the numerous psychosocial challenges and developmental changes of adolescence. In addition, depression rates increase for girls in early adolescence. Adults may incorrectly see a girl's problems as “typical teen angst” and too often girls' depression is overlooked. This workshop will present a whole-girl approach, addressing mind, body, identity, heart and soul with practical solutions for working with trauma-impacted girls.

Descriptions Currently Under Construction:

Complex Trauma Assessment and Treatment (Child and Adult)

Vicarious Traumatization and Self-care for Providers

Trauma-Informed Systems Training, Organizational and Consultation