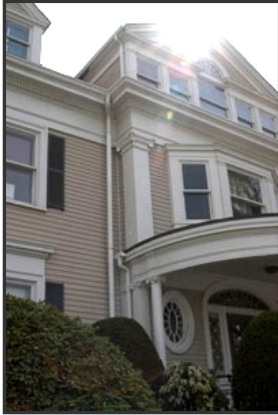


The Training Institute
of
The Trauma Center at JRI
2009 – 2010 Workshop Calendar
Sneak Preview



From its beginnings, the Trauma Center has been committed to its role as an institute of learning, with a dedication to provision of training for students, providers, and affiliated professionals in state-of-the-art understanding, assessment, and treatment for those whose lives have been impacted by trauma. In that time, our Center has held an unparalleled reputation for leading the field of traumatic stress in the provision of training and education on local, regional, national and international fronts. Our senior training faculty have trained over 20,000 mental health providers in the past five years.

The Training Division of the Trauma Center at JRI will be offering extensive programming during the 2009 – 2010 academic year. Programming emphasizes clinical skill-building from a range of perspectives and modalities. We are pleased to offer you a sneak preview of the offerings for the coming year. Please check our website at

www.traumacenter.org for an updated list of training opportunities, and to register online.

Fall, 2009

Sept. 30 (eve) – October 2, 2009

Reflections: An Educational and Self-Care Retreat for Providers

Hosted in the Berkshires, Lenox, Massachusetts

Elizabeth Hopper, Ph.D., Joseph Spinazzola, Ph.D., Dana Moore, M.A.R., M.A., Ilya Yacevich, LAMFT

Clinical work with those who have experienced overwhelming stress carries the potential for great rewards, but also leads inevitably to an impact on our own experience of ourselves and the world. In this workshop, we will build an understanding of the ways this work transforms our own experience; explore the factors which lead to vicarious trauma as well as compassion satisfaction; and develop, through the use of experiential exercises and skill-building, strategies to care for the caregiver. Designed to encompass both learning and renewal, this retreat experience will go beyond didactics to immerse the participant in mindfulness, self-reflection, experiential learning, self-expression, and joy.

November 6, 2009

Parts Work: A Relational Model of Working with Dissociative Parts

Fran Grossman, Ph.D.

Marla Zucker, Ph.D.

This workshop will present a model for accessing and working with dissociative parts of clients with PTSD, DDNOS, DID or BPD. The Parts Work model emphasizes the importance of the relational role of the therapist in this sensitive aspect of trauma work.

November 8-12, 2009

Trauma-Sensitive Yoga Teaching Certificate Program at Kripalu

Dave Emerson, E-RYT and members of the TC-JRI Yoga Team

With a special presentation by Bessel van der Kolk, M.D.

The Training Institute of TC-JRI is pleased to team with the Kripalu Center for Yoga and Health to offer a special presentation of the Trauma-Sensitive Yoga Teaching Certificate Program. This program will take place on the peaceful grounds of the Kripalu retreat center in the Berkshires of Western Massachusetts. For more information about this program and to register, please visit www.kripalu.org.

December 10-11, 2009

Building Trauma-Informed Systems: Integrating Clinical Wisdom into Sustainable Organizational Systems

Margaret Blaustein, Ph.D.

Laura Fizek, LICSW

This workshop, designed for those organizations looking to develop trauma-informed and trauma-sensitive programs, will introduce and teach the process and steps toward building sustainable systemic structures through the integration of organization development strategies with a trauma-informed systems model (ARC).

Winter, 2009/2010

January 29, 2010

Sensorimotor Arousal Regulation Treatment (SMART): Bottom-up Interventions for Childhood Trauma

Elizabeth Warner, Psy.D.

Anne Westcott, LICSW

Children who have experienced complex trauma have problems with affect regulation which is reflected in behavioral, emotional, and interpersonal difficulties which can overwhelm them and their caregivers. Therapists, childcare workers and teachers recognize the limitations of verbal interventions when children are in hyperaroused, hypoaroused or dissociated states. By adding a new array of movement strategies to the standard mental health therapy repertoire including techniques drawn from the expertise of the worlds of Sensory Integration (as practiced by occupational therapists) and other sensory motor approaches, clinicians may better support children to become more organized, interpersonally available, and accessible for mental health treatments. Through didactics, experiential demonstration, and in depth case presentation using videotape, participants will learn and explore new strategies for intervening with children and caregivers.

March 5, 2010

The Psychopharmacology of Trauma and Beyond

Frank Guastella Anderson, M.D.

This day long workshop will focus on the unique ways traditional medications are used when working with clients who have trauma histories. We will discuss the specific ways to work with Dissociative Disorders as well as with children who suffer from PTSD. We will understand 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 talk of the integration of Internal Family Systems, Sensorimotor Psychotherapy and EMDR with Psychopharmacology. Alternative treatment will be explored and there will be space for case consultation.

March, 2010 (Date TBD)

Introduction to Parent-Child Interaction Therapy – Adaptations

Dawna Gabowitz, Ph.D.

Kristina Konnath, LICSW

This workshop will provide an overview of and introduction to the concepts of PCIT-A, a well-established intervention designed to improve parenting skills and parent-child attunement in at-risk populations, as adapted for trauma-impacted children and caregivers.

Spring, 2010

April 26 and 27, 2010

Creating Change: Expressive Arts and Improvisational Theatre in Child and Adolescent Trauma Intervention

- *Day 1. Beyond Words: The Use of Art Therapy in Trauma Treatment*
Erika Lally, LMHC, ATR-BC, Michelle Harris, LMHC, ATR-BC
- *Day 2. The Transformative Power of Action: Applications of Improvisational Theatre and Movement*
Joseph Spinazzola, Ph.D., members of the Trauma Center and Urban Improv “Trauma Drama” intervention team

This two-day conference will immerse participants in creative strategies applicable to work with children and adolescents who have experienced trauma. Day one will introduce an expressive arts therapy framework for trauma treatment, including a range of strategies which may be implemented by clinicians in individual, familial, and group work. On day two, participants will explore techniques drawn from improvisational theatre, including role play, skits, and improvisational games, to support children in skill-building, self-expression, and relational engagement. Both days will be highly experiential, and space is limited.

Spring, 2010 (Dates TBD)

Trauma-Sensitive Yoga Teaching Certificate Program

Dave Emerson, E-RYT and members of the TC-JRI Yoga Team

With a special presentation by Bessel van der Kolk, M.D.

This highly popular workshop, designed for certified yoga teachers who would like to teach trauma-sensitive classes in their communities, integrates the research expertise of TC-JRI with the considerable practical experience of our yoga team. In this 4-day program, yoga instructors will learn how to design, develop, implement, and modify yoga classes to be trauma-sensitive and how to partner effectively with relevant programs (i.e., shelters, VA systems) to offer these classes. Experiential learning will target chair and mat postures that can be taught to individuals with a wide range of physical ability and comfort. All aspects of the program will be grounded in the significant theoretical and empirical underpinnings relevant to the impact of traumatic stress, and the role of yoga in its treatment.

Featured 2009 – 2010 Training Initiative: Master Clinician Series

This series will feature lecture presentations from prominent expert faculty, addressing the treatment of trauma and highlighting different treatment modalities and perspectives each month. The series will take place from 6:30 – 8:30 P.M. on the first Monday of each month from October through April. You may register for 3 or more lectures. *Note: Schedule is tentative; finalized dates and speakers will be posted on the Trauma Center website, under “Training Institute”.*

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| October 5, 2009 | Bessel van der Kolk, M.D.
Trauma and the Restoration of the Rhythms of Body, Mind and Brain |
| November 2, 2009 | Frank Guastella Anderson, M.D.
Psychiatric Medications in the Treatment of Trauma |
| December 7, 2009 | Joseph Spinazzola, Ph.D.
Timing and Pacing of Phase-Oriented Therapy |
| January 4, 2010 | TBD |
| February 1, 2010 | Janina Fisher, Ph.D.
Integrating the Body into Traditional Therapies for Trauma |
| March 1, 2010 | TBD |
| April 5, 2010 | Bessel van der Kolk, M.D.
Innovations and Future Directions in the Treatment of Trauma |

Full information on all programs may be found at www.traumacenter.org, under “Training Institute” in the Training and Education section.