

Trauma-Focused Cognitive Behavioral Therapy

September 26–27, 2013 | 9 a.m.–4 p.m. | Yorktowne Hotel | 48 East Market Street, York, PA 17401

Overview

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), developed by Drs. Judy Cohen, Anthony Mannarino, and Esther Deblinger, is a components-based psychosocial treatment model that incorporates elements of cognitive-behavioral, attachment, humanistic, empowerment, and family therapy models. It has the strongest scientific evidence of any treatment approach for children and families exposed to traumatic life events, including sexual abuse, domestic violence, traumatic loss, and multiple traumas. This two-day, live TF-CBT clinical training builds upon the online TF-CBT Web course with an emphasis on clinical illustrations and strategies to effectively implement the model.

Prerequisites

Participants are required to complete the free, 10-hour TF-CBT Web training course before the start of the training. The course can be found online at www.musc.edu/tfcbt. Participants receive 10 CE credits and a printable certificate to be used as documentation for course completion. Participating clinicians are recommended to be a master's level or higher and from provider offices in the York and Adams Counties.

Learning Objectives

At the end of the training, participants should be able to:

- Discuss the empirical support for TF-CBT.
- Describe the problems addressed and core values of this treatment model.
- Identify the importance of including parents/caretakers as part of the TF-CBT treatment model.
- Define relaxation skills and feeling identification and expression as ways to enhance affective regulation.
- Outline the central importance of the trauma narrative and cognitive processing of the trauma in TF-CBT.
- Describe the role of safety education and safety planning in the TF-CBT model.

Agenda

	September 26, 2013	September 27, 2013
9:00 a.m.	Overview of Evidence-based Treatment and Underlying Principles of TF-CBT	Review of Trauma Narrative, Part 1
10:30 a.m.	Break	Break
10:45 p.m.	Review of Psychoeducation and Parenting Skills	Review of Trauma Narrative, Part 2
12:00 p.m.	Lunch	Lunch
1:00 p.m.	Review of Relaxation, Affective Regulation, and Cognitive Processing, Part 1	Review of Cognitive Processing of Trauma Narrative and In Vivo Desensitization
2:30 p.m.	Break	Break
2:45 p.m.	Review of Relaxation, Affective Regulation, and Cognitive Processing, Part 2	Review of Conjoint Sessions and Enhancing Safety



Continuing Education Credits

Social Workers

This program is offered for 11 hours of social work continuing education through co-sponsorship of the University of Pittsburgh School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC, and LMFT renewal. For information on social work continuing education, call 412.624.3711.

Mental Health Professionals

Nurse and other health care professionals are awarded 0.11 Continuing Education Units (CEUs). One CEU is equal to 10 contact hours.

Counselors

Western Psychiatric Institute and Clinic of UPMC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic of UPMC adheres to the NBCC Continuing Education Guidelines. This program is being offered for 11 continuing education credits.

Psychologists

Western Psychiatric Institute and Clinic of UPMC is approved by the American Psychological Association to sponsor continuing education credit for psychologists. Western Psychiatric Institute and Clinic of UPMC maintains responsibility for this program and its content. This program is being offered for 11 continuing education credits.

About the Speaker

Dr. Mannarino has been a leader in the field of child traumatic stress for the past 25 years, and a recipient of many honors for his work. He is currently the Vice Chairman, Department of Psychiatry, and Director of the Center for Traumatic Stress in Children and Adolescents at Allegheny General Hospital, Pittsburgh, PA; and Professor of Psychiatry at the Drexel University College of Medicine. The National Center on Child Abuse and Neglect and the National Institute of Mental Health has awarded Dr. Mannarino numerous federal grants to investigate the clinical course of traumatic stress symptoms in children and to develop effective treatment approaches for traumatized children and their families.

Registration

Please note space is limited and registration is required. This program is free of charge. To register, please complete the attached form by August 30, 2013 and return by mail, fax, or email to Karen Neal at Community Care.

Mail: One Chatham Center, Suite 700, Pittsburgh, PA 15219 | Fax: 412.454.2177 | Email: nealkv@ccbh.com

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Name _____

Title _____

Organization _____

Address _____

Phone _____ Email _____

