

TITLE IV-E COLLABORATIVE Presents

Attachment, Regulation and Competency

Dana Wyss, PhD, LMFT, ATR

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Certified ARC trainer with the
Center for Trauma Training, Inc.
centerfortraumatraining.org

Monday, December 3, 2018 and
Tuesday, December 4, 2018
Must attend both days of training

9:00 AM to 4:30 PM; Registration 8:30 AM
Campbell Community Center, Rm J-69
1 W. Campbell Avenue, Campbell

Dana Wyss is a registered art therapist, marriage and family therapist and holds a Ph.D. from Lesley University in Expressive Therapies. Dana is an ATD Certified Master Trainer and facilitates workshops on Commercial Exploitation of Children, Trauma Informed Care, and Self-Injury around the country. She uses her compassion, leadership skills, and creativity in her position as director of training at Star View Adolescent Center a locked psychiatric hospital, group home, and nonpublic school setting, to manage crisis, conduct trainings, coach staff, and support children and families who have experienced complex developmental trauma. She has a passion for working with all populations of people aiding them in reconnecting with their passion, creativity and hope. In addition, she uses her unique style, empathy, and art to reach those who are often considered unreachable. Although she has many research interests, her current research focuses are using art-based research to build empathy and understanding for self-injurious behaviors, the use of exotic animal assisted therapy in residential treatment, and the impact and effect of non-traditional materials in art therapy sessions and group therapy.

The Attachment, Regulation and Competency (ARC) Framework is a flexible, components-based intervention developed for children and adolescents who have experienced complex trauma, along with their caregiving systems. ARC's foundation is built upon four key areas of study: normative childhood development, traumatic stress, attachment, and risk and resilience. Drawing from these areas, ARC identifies important childhood skills and competencies which are routinely shown to be negatively affected by traumatic stress and by attachment disruptions, and which – when addressed – predict resilient outcome. ARC is designed as both an **individual level clinical intervention**, to be used in treatment settings for youth and families, and as an **organizational framework**, to be used in service systems to support trauma-informed care. The concepts identified by ARC may be applied to individuals from birth through young adulthood, and have been effectively used with youth with a range of developmental and cognitive functioning levels, and with a wide range of symptom presentations. Caregiver goals are designed to translate across many different types of caregiving systems, including primary (i.e., biological, kin, and foster parents), milieu (i.e., residential, group home), and organizational (i.e., teachers, youth program providers) systems of care.

The ARC Domains and Targets

ARC is organized around three primary domains of intervention, and identifies 8 key treatment targets. These domains and targets are briefly described below.

Attachment. The framework focuses on **strengthening the caregiving system** surrounding children **through enhancing supports, skills, and relational resources for adult caregivers**. In many families and systems we work with, caregivers as well as children have been exposed to multiple stressors and traumatic experiences. Even in caregiving systems that have experienced little or no prior adversity, the effect of a child's relational trauma is likely to impact ongoing attachment relationships.

Regulation. Many young people who experience trauma are referred for treatment services or struggle in settings like school as a result of difficult behaviors, out of control emotions, and impulsive or disorganized bodies. Underlying these challenges is often a difficulty with regulation – of feelings, of thoughts, and of physical experience. Treatment emphasizes cultivating youth **awareness and skill in identifying understanding, tolerating, and managing internal experience**.

Competency. The framework addresses **key factors associated with resilience** in stress-impacted populations. A goal of intervention utilizing ARC is to go beyond pathology reduction, and to increase positive / resilient outcomes among youth receiving intervention.

This course qualifies for 12 hours of continuing education. Continuing education (CE) hours are available to maintain the following licenses with the Board of Behavioral Sciences (BBS): Marriage and Family Therapists, Licensed Clinical Social Workers, and Licensed Professional Clinical Counselors. West Valley College is an accredited post-secondary institution and is recognized by the BBS as an approved continuing education provider. The college is accredited by the Accrediting Commission for Community and Junior Colleges of the Western Association of schools and colleges pursuant to Section 1887.4.3.

Eligible County Employees



For questions contact Staff Development & Training at Rianna.Garcia01@ssa.sccgov.org

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/ClassDetail.aspx?pk=1295103>

If you have questions please email us at:

T4e.collaborative@gmail.com