



Training Programs on Traumatic Stress



2018-19 Workshops

Training programs listed below have been provided to agencies, clinics and conferences. Workshops will be adapted to best meet the goals of interested sites. Intensive training programs are also available on resiliency-focused treatment of toxic stress and Complex Trauma in children and families including Certificate Programs on *Real Life Heroes*®.

Title: Complex Trauma Overview

Abstract:

An overview of current understanding of factors leading to symptoms of Complex Trauma and recommended 'best practice' treatment and service planning will be presented. This workshop will include youth perspectives, resources for youths, and two videos to engage participants in discussions of how to use a trauma and resiliency framework to help youths and families who have experienced multiple traumas. This workshop will review research support for the proposed diagnosis of Developmental Trauma Disorder and address how treatment agencies can jumpstart and sustain implementation of treatment programs for Complex Trauma matched to diverse programs and communities.

Objectives:

- After attending this session, participants will be able to:
- . . . identify symptoms of Complex Trauma and factors leading to Complex Trauma
 - . . . access resources for youths and families to promote rebuilding attachments and healing after multiple traumas
 - . . . access to treatment models for Complex Trauma

Title: 'Nothing Happened;' Utilizing Resiliency-focused Assessment Strategies to Create Openings for Engagement of Defiant, Disruptive or High Risk Youth and Caring Adults

Program:

Resiliency-centered assessment tools will be illustrated to create opportunities for engagement and selection of trauma-informed treatment components matched to diverse strengths and needs of youths and caregivers with Complex Trauma.

Abstract:

Engaging children and families as treatment partners and adapting treatments to client needs remains a primary challenge for application of evidence-informed treatment, especially following abuse/neglect. Youths and caregivers with Complex Trauma often expect to be assessed for how bad, disturbed, or dangerous they are. A resiliency-based assessment model can transform assessments into opportunities for engagement and selection of the most effective treatment components matched to diverse strengths and needs of youths and caregivers. In this interactive workshop, NCTSN recommended Complex PTSD treatment components will be introduced along with strategies and tools that have proved effective in overcoming common challenges to initiating and sustaining treatment. The workshop will highlight methods for engaging hard-to-reach clients, mapping out supports, identifying triggers, and developing formulation-driven plans through the targeted use of evidence-supported assessment and evaluation processes, including trauma exposure screening and symptom surveys.

This workshop will explore use of simple tools for assessing a youth's emotional support and emotional regulation in a range of relationships and prioritizing treatment including engagement of caring adults. Activities for increasing emotionally supportive relationships with caregivers will be illustrated. Part of the workshop time will be reserved for participants to apply the content to a case study using an assessment integration framework matched to NCTSN Complex PTSD treatment components. Participants will be challenged to identify practical strategies to overcome common barriers to treatment. Discussion will be guided to consider adaptations of approaches to support client needs and strengths, paying attention to developmental levels, attachment, safety, program mandates, practitioner time limitations, cultural background, and systems of care.

Objectives:

After attending this session, participants will be able to:

- . . . access and utilize specific assessment tools to promote engagement of children and families with Complex PTSD including high risk youths referred for residential or day treatment programs.
- . . . create an eco-map for a youth's level of emotional support and regulation in her/his primary relationships.
- . . . utilize creative arts activities to promote attunement and support in a youth's primary relationships with caregivers.

Title: Resiliency-focused Treatment for Children and Caregivers with Complex Trauma

Abstract:

Participants will explore how creative arts activities and the metaphor of heroes can be utilized to engage children and caregivers to work in trauma-informed treatment programs. *Real Life Heroes* is an evidence-supported treatment program for children with traumatic stress. This workshop will include an introduction to Complex PTSD, 'best practice' components of treatment for Complex PTSD, and use of *Real Life Heroes* to engage hard-to-reach children and families. Research results from the HEROES Project at Parsons Child and Family Center will be discussed including lessons learned from implementation of an integrated trauma and attachment-focused learning collaborative in child/family services as well as behavioral health treatment programs.

Objectives:

After attending this session, participants will be able to:

- . . .identify NCTSN recommended components of treatment of Complex Trauma with children and families
- . . .access and begin implementation of a manualized protocol for affect regulation, strengthening child-caregiver relationships, and life story integration
- . . .use creative arts and life story work to engage caregivers and children & to strengthen a child's self-image and cultural heritage.

Title: The Challenge and Opportunity of Treatment of Children and Caregivers When Both Have Traumatic Stress

Abstract:

Families interacting with public systems often have intergenerational trauma that impacts service delivery. Engaging caregivers with their own histories of trauma is a critical challenge for practitioners seeking to provide effective treatment of traumatic stress in children who have experienced multiple traumas and when children have not been able to count on caregivers to provide safety, guidance, and nurture. This workshop will present core components and tools from three treatment models (*Real Life Heroes*, *Attachment, Regulation and Competence*, and *Strengthening Family Coping Resources*) that have been successful in engaging and empowering caregivers, responding to caregiver concerns, and helping caregivers to heal from their own traumatic stress as they help

their children. Participants in small groups will discuss strategies for overcoming challenges and treatment recommendations applied to a case description. Treatment issues addressed include: Engaging caregivers with psychoeducation that addresses intergenerational transmission of traumatic stress, how family and cultural strengths can promote healing, and the power of caregivers to help their children, Building a therapeutic alliance with caregivers that elicits caregiver resilience, Strengthening (or building) child-caregiver attachments, Developing self and co-regulation skills and Integrating traumatic memories.

Objectives:

After attending this session, participants will be able to:

- . . . define and utilize three strategies for engaging and sustaining therapeutic alliances with caregivers who have their own trauma histories.
- . . . identify three strategies to help caregivers strengthen or build emotionally supportive relationships with children with traumatic stress.
- . . . increase skills helping caregivers reduce their own traumatic stress while supporting their children develop self and co-regulation skills, rebuild trust, and integrate traumatic memories.

Title: ‘Wands at the Ready’: Adding Magic Spells and Magic Tricks to Enhance Trauma Treatment

Abstract:

From Star Wars to Harry Potter, fantasy stories have incorporated elements of mindfulness and CBT to empower characters in heroic quests. This mini-session will explore use of charms from JK Rowling and magic tricks that participants can incorporate into a range of evidence-supported trauma treatment models to promote and sustain engagement of children and caregivers.

Objectives:

After attending this session, participants will be able to:

- . . . utilize at least one charm from JK Rowling to help children and caregivers change responses to trauma triggers and ward off traumatic stress reactions.
- . . . utilize at least one magic trick to change dysfunctional cognitive thoughts
- . . . know how to access practical strategies and guides on use of magic and other creative arts tools to engage children and caregivers in trauma treatment.

Title: ‘Embracing the ‘Call to Adventure’; Using the ‘Heroes Journey’ as a Framework for Self and Organizational Transformation and Development of Trauma-Informed Child and Family Service Systems

Abstract:

Creating a trauma-informed residential treatment center can be seen as a ‘Call to Adventure’ that involves enormous challenges, risks and rewards. Explore how Campbell’s ‘Heroes’ Journey’ can help RTC’s to plan, find mentors, engage allies, overcome obstacles, confront fears, & persevere as they face challenges over the course of system development and beyond.

Objectives:

After attending this session, participants will be able to:

- . . . share with colleagues how they can use Campbell’s ‘Heroes Journey’ to help plan and guide their own site over the grant cycle including sustainability
- . . . start their own ‘Heroes Journey’ plan for their organization and themselves using a worksheet provided in the workshop.
- . . . recognize some of the greatest challenges they will likely face in their own organizations and how to get the help (allies and mentors) they need to succeed.
- . . . use an understanding of the ‘Heroes Journey’ to help Prevent ‘compassion fatigue’ and ‘burn-out’.
- . . . recognize opportunities and risks in succeeding to accomplish their goals and how incorporate this into sustainability plans.

Title: Tools and Resources for Engaging Caregivers and Children with Complex Trauma in Crisis Stabilization and Treatment Services

Description:

This workshop will present strategies, tools, and resources that crisis responders and crisis intervention specialists can utilize to engage children and caregivers and promote their participation in initial stabilization and subsequent treatment programs following experiences of trauma. The workshop will build on the foundation presented in Day 1 and focus on latency-age children including engaging strengths and interests, recognizing developmental needs and challenges and highlighting child, family, and cultural strengths. Participants will practice use of initial

assessment tools that can help identify child and caregiver levels of regulation, emotional support and openings for engagement of children and caring adults. The workshop will also present tools for development of initial safety and service plans, rebuilding (or building) supportive relationships, restoring family routines, and promoting referrals for trauma treatment. Use of tools from the *National Child Traumatic Stress Network* and *Real Life Heroes* will be illustrated to promote safety, acceptance, recognition of emotions, emotional regulation and promoting hope. Participants will consider adaptations of tools presented for use by Midlands Sexual Trauma Services.

Objectives:

After participation in this workshop, participants will be able to:

1. Introduce and utilize assessment tools that identify children's levels of regulation, safety and emotional stability with important adults in their lives.
2. Utilize tools to develop trauma and resiliency-centered initial safety plans
3. Utilize activities to promote emotional regulation and decrease the risk of traumatic stress reactions.
4. Utilize resources to promote hope, skill building and life story integration that could continue after crisis stabilization sessions

Title: *Real Life Heroes*; A Trauma and Resiliency-Centered Toolkit for Treatment of Children with Complex Trauma (Model Overview)

Program Description:

Creative arts and life story work will be illustrated as tools to engage hard-to-reach children and caregivers utilizing tools from *Real Life Heroes*, an evidence-supported treatment for Complex Trauma.

Abstract:

Participants will explore how creative arts activities and the metaphor of heroes can be utilized to engage children and caregivers to work in trauma-informed treatment programs. *Real Life Heroes* is an evidence-supported treatment program for children with traumatic stress and Complex Trauma that can be used along with other trauma treatment models. This workshop will include an introduction to Complex PTSD, NCTSN recommended 'best practice' components of treatment for Complex PTSD, and use of *Real Life Heroes* to engage hard-to-reach children and families.

Real Life Heroes uses creative arts (drawing, rhythm, tonality, storytelling, 'improv,' and movement) to engage children and caregivers in fun activities linked to components of recommended practices for treatment of

complex trauma. The model focuses on rebuilding (or building) emotionally supportive relationships along with affect regulation to increase the security children and caregivers need to develop more effective coping behaviors, reduce traumatic stress reactions, and develop a positive self-image. *Real Life Heroes* has been especially useful in child welfare programs and has been expanded to encompass child, family, program, and systems of care interventions.

Participants will try out some art, drumming, and music to spice up their clinical repertoire and see how affect regulation activities can be utilized to rebuild (or build) emotionally supportive relationships for children and caregivers, increase the security children and caregivers need to develop more effective coping behaviors, reduce traumatic stress reactions, and develop a positive self-image. Results of current research will also be shared including use of session-by-session and quarterly evaluations to identify challenges and guide service planning.

Objectives:

After attending this session, participants will be able to:

- . . .identify NCTSN recommended components of treatment of Complex Trauma with children and families
- . . .access and begin implementation of a manualized protocol for affect regulation, strengthening child-caregiver relationships, and life story integration
- . . .use creative arts and life story work to engage caregivers and children & to strengthen a child's self-image and cultural heritage.

For further information on these workshops, certificate programs in Real Life Heroes ® or other training programs, please contact Richard Kagan, Ph.D. at: richardkagan7@gmail.com or see: www.reallifeheroes.net