



Trauma-Focused CBT for Children and Adolescents: The Basics

- Presenter:** **Dr. Amy Hoch**, licensed psychologist and certified school psychologist, the Associate Director of Rowan University's Counseling and Psychological Services Center. She is the Co-chair for the Sexual Violence Prevention Committee, and sits on the Sexual Violence Task Force for the American College Health Association. She is trained in EMDR, DBT and RODBT treatments and provides local, national and international training on Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Staff psychologist at the Child Abuse Research Education and Service (CARES) Institute at Rowan's School of Osteopathic Medicine in Stratford, New Jersey and has provided individual therapy to children and adolescents who experienced abuse and neglect and conducted forensic evaluations concerning allegations of sexual abuse
- Venue:** **Helsinki, Folkhälsan Ossian Sali**, Topeliuksenkatu 20, Helsinki
- Dates:** **Thursday-Friday 12.-13.9.2019**
- To whom:** Psychotherapists, psychologists, psychiatrists and other mental health professionals.
- Price:** Price 450€+VAT 24%.
Members of FACBT (Finnish Association for Cognitive and Behavioural Therapies): 292,50 € + VAT 24%
Price includes teaching materials and coffees.
In case of cancellation after 22.8.2019, 50% of price will be charged.
- Registration:** www.luote.fi/koulutuskalenteri by latest 22.8.2019
- Info:** luote@luote.fi
- Summary:** Trauma and abuse are widespread and often extremely damaging in their psychological impact. The purpose of this presentation is to provide information on empirically validated interventions designed to help children and adolescents who have suffered traumatic experiences, including child sexual abuse, physical abuse, and domestic violence. The presenter will briefly present research conducted on TFCBT and its applications across different populations. The development of therapeutic collaborative relationships with both the child and the nonoffending parent(s) will be emphasized, along with the establishment of structure and goals for treatment. The cognitive behavioral interventions for children, adolescents and nonoffending parents to be presented include coping skills training, gradual exposure and processing exercises, educational work, personal safety skills training and exercises to enhance parent child communication. This 2-day training includes lecture, role play, small group

discussion and experiential learning.

You will learn about:

1. The findings of a series of randomized control trials examining the efficacy of the treatment approach.
2. Psychotherapeutic strategies aimed at helping children who have suffered trauma overcome post-traumatic stress symptoms and related difficulties.
3. Psychotherapeutic strategies designed to help nonoffending parents cope with their own personal distress and respond effectively to their children's trauma-related behavior problems (e.g. age inappropriate sexual behaviors).
4. Methods for enhancing parent-child communication particularly with respect to interpersonal trauma and healthy sexuality.
5. Creative approaches designed to enhance parents' and children's responsiveness to treatment

Timetable

Thursday 12.9.2019

9.00-10.00 Registration and coffee

10.00 -10.15 Welcome

10.15-11.30 Workshop

11.30 - 12.30 Lunch

12.30 - 14.00 Workshop

14.00 - 14.30 Coffee break

14.30 - 16.00 Workshop

16.00 - 16.30 Break

16.30 – 18.00 Workshop

Friday 13.9.2019

08.30 – 10.00 Workshop

10.00 –10.30 Coffee break

10.30 - 12.00 Workshop

12.00 - 13.00 Lunch

13.00 – 14.30 Workshop

14.30 – 14.45 Coffee break

14.45 - 15.30 Workshop