



# Understanding & Treating Complex Trauma in Children & Adolescents

## The Attachment, Self-Regulation, & Competency (ARC) Approach

Presented by  
**Kristine Kinniburgh, LICSW**

As many as 1 in 4 youth will experience a potentially traumatic exposure, and many of these will be multiple or prolonged. Chronic childhood trauma has a significant and pervasive impact on child and adolescent development, psychosocial functioning, and capacity to navigate the world in an effective, goal-oriented manner. Youth who have experienced chronic developmental trauma present for services across mental health, juvenile justice, educational, and child welfare sectors.

This workshop will define complex developmental trauma; identify its relevance to the range of providers in multi-disciplinary service settings; identify key diagnostic issues; and present core components of complex trauma intervention including strategies to target attachment and self regulation drawing from the ARC framework. The ARC framework is a complex trauma intervention guide that is currently being implemented in a wide variety of service systems throughout the US.

### Objectives: Participants will be able to describe:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Key elements of complex developmental trauma and proposed diagnostic criteria</li> <li>• Prevalence and societal cost of childhood trauma exposure</li> <li>• Core components of complex trauma treatment</li> </ul> | <ul style="list-style-type: none"> <li>• Key domains of functioning impacted by complex trauma, and relevance to current behavioral functioning</li> <li>• How to use specific trauma-informed strategies relevant to their professional discipline and area of practice</li> </ul> |
|---|---|

### J&K Seminars Home Study Program - 12 hours CE Credit (Social Workers receive 11 CE Credits)

#### Overview of Complex Trauma

- Distinction between complex and acute trauma exposure
- Prevalence of complex trauma and societal costs

#### Impact of Complex Trauma

- Attachment as the foundation for competency and resilience
- Developmental impact of complex trauma

#### Trauma Diagnosis

- Prevalent Diagnoses in children and adolescents who have experienced complex trauma
- PTSD Diagnosis
- A new lens: Developmental Trauma Disorder

#### Assessment and Treatment

- Assessment Tools and Strategies
- Core components of complex trauma intervention

#### ARC Treatment Framework: Attachment

- How to help children/adolescents who have been trained to fear relationships feel safe
- How to really listen to the messages children/adolescents send

#### ARC Treatment Framework: Self Regulation

- Teaching children/adolescents to know what they feel.
- Teaching children/adolescents to feel what they feel.
- Teaching children/adolescents to say what they feel.

#### Case Application

- Identifying primary treatment targets when working with complex cases
- Putting knowledge into practice

#### Vicarious Trauma and Self Care

- Re-enactment Cycle
- Stepping out of the Cycle: self care strategies

## Kristine Kinniburgh, LICSW

Kristine M. Kinniburgh, LICSW was the director of Child and Adolescent Services at Justice Resource Institute's Trauma Center in Brookline, Massachusetts. She is currently a practicing clinical social worker at the Susan Wayne Center for Excellence in Connecticut where she works with a population of adolescents who present with complex adaptations to traumatic life experiences and developmental disabilities.

In addition to her clinical practice Ms. Kinniburgh provides extensive training and consultation to agencies across the US. This training focuses on the integration of trauma-informed and trauma specific practices into all facets of service delivery.

Kristine is co-developer of the Attachment, Self-Regulation, and Competency (ARC) treatment framework (Kinniburgh & Blaustein, 2005), and co-author of the text, *Treating Complex Trauma in Children and Adolescents: Fostering Resilience through Attachment, Self-Regulation, and Competence* (Blaustein & Kinniburgh, 2010).

### Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See CE Test Enclosed

©J&K Seminars, LLC - 2012 - All Rights Reserved - Practice Level Intermediate

904 Church Rd., Wyncote, PA 19095-1601

(800) 801-5415

www.JKSeminars.com

JK@JKSeminars.com

## **Accreditations**

*J&K Seminars, LLC is approved by the **American Psychological Association** to sponsor continuing education for psychologists. J&K Seminars, LLC maintains responsibility for this program and its content. (12 clock hours)*

*J&K Seminars LLC, Provider #1080, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. J&K Seminars maintains responsibility for this course. ACE provider approval period: 01/27/2018 – 01/27/2021. Social workers completing this course receive 11 continuing education credits.*

*This course has been approved by J&K Seminars, LLC, as a **NAADAC Approved Education Provider**, for educational credits. NAADAC Provider #757, J&K Seminars, LLC is responsible for all aspects of the programing*

***American Occupational Therapy Association (AOTA)** – 1.2 hours*

***Pennsylvania Department of Education – Act 48** approved for (12 hours)*

***Pennsylvania Certification Board** (12 hours)*

*J&K Seminars, LLC is an approved provider of continuing education by the **Pennsylvania State Nurses Association**, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (12 hours)*

***Ohio Counselor, Social Worker, Marriage and Family Therapist- RCST111404** (12 hours)*

***State of Illinois** Department of Professional Regulation – J&K Seminars, LLC is a Registered Social Worker Continuing Education Sponsor – License #I29-000833, and Marriage and Family Therapy Continuing Education Sponsor – License #I68-000195 (12 hours)*

*This course is approved by the Association of Social Work Boards – **ASWB NJ CE Course Approval Program**. Provider 88 Course #2221 from 03/12/2019 to 03/12/2021 Social workers will receive the following type and number of credits: Clinical Social Work Practice 11*

*J&K Seminars, LLC, SW CPE is recognized by the **New York State** Education Department's State Board for Social Work as an approved provider of continuing education for **Licensed Social Workers** #SW-0174. (12 hours)*

*J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Marriage and Family Therapist** #MFT-0041 (12 hours)*

*J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Mental Health Counselors**. #MHC-0077. 12 Hours.*

*J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Professional Counselors for Licensed Professional Counselors** – Provider #1835*

*J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Marriage and Family Therapists** – Provider #824*

### **Course Completion Requirements**

- In order to receive CE credits for this program, you will need to watch/listen to the program, pass a post-test, and complete a course feedback form. The post-test and feedback form are included with the purchase of this program—no additional fee is required.
- You can submit your post-test though email, mail, or fax (online testing will be available soon).
- You must score at least 75% to pass your test. If you do not pass, one retest is permitted for a \$10 fee.
- There is no time limit to complete any post-tests.
- There is no additional fee to receive your CE certificate. Once we receive your passing post-test, we will mail your certificate within 24 hours, and can email your certificate upon request.