



Treating Traumatized Adults and Children A Life-Span Approach

Presented By

Donald Meichenbaum, Ph.D.

Objectives: To increase participants' ability to:

- Better understand the factors that contribute to chronic PTSD and initiate appropriate preventative and treatment interventions
- Use a Case Conceptualization Model of risk and protective factors that informs assessment and treatment decision-making
- Implement the core tasks of psychotherapy that characterize "expert" therapists with clients who experience PTSD, complex PTSD and comorbid disorders

- Implement new empirically-based developments in the treatment of PTSD in children and adults
- Address the aftermath of family violence
- Critically evaluate the variety of post-trauma interventions

12 hours

1) The Nature and Impact of Trauma

- Factors that contribute to chronic PTSD and to resilience—A Constructive Narrative Perspective—Risk and protective factors: A life-span perspective—Physiological, affective and cognitive sequelae of victimization: 2) **Core Tasks of Therapy: What "Experts" Do**
- New developments in the treatment of PTSD—Lessons learned from posttraumatic interventions—A phase-oriented cognitive-behavioral treatment approach

3) Implementing the Core Tasks of Psychotherapy

- Ways to conduct assessment: life-span perspective—Ways to establish and maintain a therapeutic alliance—Ways to conduct psycho-education and nurture hope

4) Skills Training and Ways to Nurture Resilience

- Ways to help clients establish emotional regulation—alter appraisals, beliefs and behavioral patterns—"Memory Work," Finding meaning: the role of spirituality—Avoiding re-victimization

5) Treatment of Clients With Comorbid Disorders

- Assessment concerns from a life-span perspective: aggression toward others and self (suicidality), substance abuse—Treatment of clients with borderline personality disorders: addressing issues of treatment noncompliance and treatment generalization

6) Treating Victims of Family Violence

- "State of the Art": treatment of victims and their family members and treatment of batterers

7) PTSD and Children/Adolescents

- Incidence, impact, and treatment: new developments—Ways to bolster resilience in helpereempirically-based procedures—Cognitive-behavior play therapy

8) Review and Consideration of Vicarious Traumatization in Helpers

- Ways to bolster resilience in helpers: individual, social and organizational interventions

Donald Meichenbaum, Ph.D.

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus of Psychology, University of Waterloo, Ontario, and Research Director of The Melissa Institute for Violence Prevention and Treatment of Victims in Miami, Florida. He is one of the founders of cognitive-behavior therapy and was voted "*one of the ten most influential psychotherapists of the century*" by North American clinicians in a survey reported in the *American Psychologist*.

He is the author of numerous books including: *Cognitive Behavior Modification: An Integrative Approach*, considered a classic in the field; *Pain and Behavioral Medicine* and *Nurturing Independent Learners* and, recently, two clinical handbooks on *Assessing and Treating Adults with Post-Traumatic Stress Disorder* and *Treating Individuals With Anger-Control Problems and Aggressive Behaviors*.

Dr. Meichenbaum is the recipient of the Izaak Killiam Research Fellowship Award, the former Honorary President of the Canadian Psychological Association, and Editor of the Kluver-Plenum Series on Stress and Coping. He is on the editorial boards of a dozen journals and has lectured and consulted worldwide.

This will be the 4th presentation that Dr. Meichenbaum has conducted for J&K Seminars. His workshops and presentations are noted for their blend of scholarship and clinical perspicacity, humor and humanity.

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