



Treating Traumatized Children and Adults: A Lifespan Approach

Presented by
Donald Meichenbaum, Ph.D.

Overview

This in-depth advanced workshop examines the incidence and impact of victimizing and traumatic events across the lifespan. Dr. Meichenbaum will explain the qualities of those who have resilience to trauma and how therapists can help those who struggle with their traumas.

He will use a Case Conceptualization Model that informs both assessment and treatment decision-making, and a Constructive Narrative “strengths-based” intervention approach to address the range of challenging emotional client reactions such as Prolonged and Complicated Grief, Guilt, Shame, Anger and Moral Injuries.

Most important, Dr. Meichenbaum will explain how to implement the Core Tasks of Psychotherapy that contribute to lasting behavioral changes. Attendees will receive a comprehensive TO DO CHECKLIST that will enable them to immediately implement interventions presented. He will use video cases throughout the program.

Donald Meichenbaum, Ph.D., is a Distinguished Professor Emeritus of Psychology, University of Waterloo, Ontario and Research Director of the Melissa Institute for Violence Prevention
www.melissainstitute.org

He is one of the founders of Cognitive Behavior Therapy (CBT) 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 has written numerous books including: *Cognitive Behavior Modification: An Integrative Approach*, considered a classic in the field; *Pain and Behavioral Medicine, Nurturing Independent Learners*, and *Roadmap to Resilience : A Guide for Military, Trauma Victims and Their Families*.

See his multiple presentations on www.melissainstitute.org/scientific-articles-by-author. Samples and complete home study programs of his previous presentations for J&K Seminars are available at www.jkseminars.com

Objectives—Participants will be able to describe:

- characteristics that distinguish those who develop PTSD versus those who don’t
- ways to bolster resilience in the following domains: physical, interpersonal, emotional, cognitive, behavioral, spiritual
- a Case Conceptualization Model that informs assessment and treatment decision-making
- the specific Core Tasks of Psychotherapy that contribute to lasting behavioral changes
- ways to use trauma-focused cognitive-behavioral treatment with high-risk children and adults
- integrative treatments for individuals with co-occurring disorders across the life-span

By Way of Introduction – Resilience (1 hr 15 min 21 sec)

- Controversies in the areas of PTSD and resilience
- A constructive narrative perspective on resilience
- Neurobiological and psychosocial sequelae of trauma and resilience
- The nature of resilience: Ways to bolster resilience

Core Tasks of Psychotherapy (1 hr 41 min 57 sec)

- Case Conceptualization Model
- Video Case Presentation

Overview of Treatment (1 hr 42 min 44 sec)

- Psycho-education - Using the CLOCK metaphor
- Collaborative goal-setting - - ways to nurture hope
- Exposure-based interventions
- Treatment of individuals with prolonged and complicated grief, shame, guilt, moral injury

Integrating Spirituality and Psychotherapy (1 hr 15 min 22 sec)

Integrated Treatment of Individuals with Co-occurring Disorders (1 hr 22 min 1 sec)

- Role of substance abuse disorders
- Treatment of “high-risk” children and their families
- Trauma-focused cognitive-behavior therapy with children

Trauma-Focused Cognitive-Behavioral Treatment with

High-Risk Children and Adults (1 hr 39 min 46 sec)

- Trauma-informed schools
- Community-based interventions

Applications to Special Populations (1 hr 26 min 45 sec)

- Treatment of victimized adolescents (e.g., LGBTQ, victims of human trafficking)
- Treatment of comorbidity (e.g., Depression, suicidality, substance abuse)
- Treatment of the elderly: Ways to bolster resilience

Therapist Self-Care (1 hr 44 min 38 sec)

- Ways to bolster resilience in trauma therapists
- A “TO DO” checklist for attendees

12 CE Credits

Home Study CE Hours for Psychologists Counselors Social Workers Nurses MFT AOTA

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904 Church Rd., Wyncote, PA 19095-1601 (800) 801-5415

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