



Treating Traumatized Children and Adults: A Lifespan Approach

Presented by

Donald Meichenbaum, Ph.D.

Thursday & Friday, June 11 & 12, 2020

Author of:

- Roadmap to Resilience
- Evolution of Cognitive-Behavior Therapy: A Personal and Professional Journey with Don Meichenbaum
- Treating Individuals with Addictive Disorders
- Stress Inoculation Training
- Pain and Behavior Medicine
- Facilitating Treatment Adherence

Thursday & Friday, June 11 & 12, 2020

Wyndham Lancaster Resort & Convention Center - Lancaster, PA

Or attend via Live Webinar from any computer

PLEASE JOIN US IN CELEBRATING DR. MEICHENBAUM'S 80th BIRTHDAY AND HIS 55th YEAR OF CLINICAL PRACTICE, SUPERVISION AND RESEARCH

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Audience

Human Service Professionals

Practice Level –Intermediate

- Psychologists
- Social Workers
- Mental Health Counselors
- School Counselors and Psychologists
- Drug & Alcohol Counselors
- Marriage & Family Therapists
- Case Managers
- Psychiatric Nurses
- Occupational Therapists
- Rehabilitation Counselors
- Graduate Students

12 CE Hours Credit for Most Mental Health Professions

- Psychologists
- Nurses
- Social Workers
- NBCC Counselors
- D&A Professionals
- Occupational Therapists

All Professional Attendees Must Pick Up Their Certificates at the End of the Seminar

Webinar attendees will receive their certificate in the mail a week after the webinar

Register Toll Free - (800) 801-5415



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Overview

This is an in-depth advanced workshop that examines the incidence and impact of victimizing and traumatic events across the life-span. 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.

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

Thursday, June 11, 2020

8:15 a.m. Registration (*continental breakfast*)

9:00 **By Way of Introduction - Resilience**

- 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

10:25 **Break** (*coffee, tea, juice*)

10:40 **Core Tasks of Psychotherapy**

- Case Conceptualization Model
- Video Case Presentation

12:15 p.m. **Lunch** (*on your own*)

1:30 **Overview of Treatment**

- 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 injuries

3:00 **Break** (*coffee, tea, soda, snack*)

3:15 **Integrating Spirituality and Psychotherapy**

4:45 p.m. **Adjournment**

Friday, June 12, 2020

7:45 a.m. Registration (*continental breakfast*)

8:30 **Integrated Treatment of Individuals with Co-occurring Disorders**

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

9:55 **Break** (*coffee, tea, juice*)

10:10 **Trauma-Focused Cognitive-Behavioral Treatment with High-Risk Children and Adults**

- Trauma-informed schools
- Community-based interventions

11:45 **Lunch** (*on your own*)

1 p.m. **Applications to Special Populations**

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

2:30 **Break** (*coffee, tea, soda, snack*)

2:45 **Therapist Self-Care**

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

4:15 p.m. **Adjournment (Pick Up Certificates)**

A large selection of books and home study programs will be available for sale at this Seminar. All items will be priced at least 6% below the publishers' list price.

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Mention *J&K Seminars* to receive a discounted room rate
We encourage reservations by May 1
Call *J&K Seminars* for information about other hotels
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Seminar Registrants: We will mail your nametag and registration receipt about 3 weeks before the seminar.

Webinar Registrants: We will email your log-in information about 3 weeks before the seminar.

Questions: www.jkseminars.com or jk@jkseminars.com



Continuing Education Certification

Those who arrive late or leave early will not receive CE certificates of full attendance

Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates of attendance.
Unless otherwise indicated, attendees receive 12 hours CE credit for attending both days, (6 hours CE credit for each day)

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Donald Meichenbaum, Ph.D.

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*.

Dr. Meichenbaum received a Lifetime Research Award from

the Clinical Division of APA. His recent article on "Spotting HYPE in psychotherapy" was chosen as the most valuable contribution in the general field of psychotherapy. He has presented in all 50 U.S. states and internationally. He has been involved in the aftermath of both natural disasters and various incidents of interpersonal violence

Dr. Meichenbaum has presented programs in all 50 states and internationally. He has presented for *J&K* on 6 previous occasions. His workshops and presentations are noted for their blend of scholarship and clinical perspicacity, humor and humanity.

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



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 904 Church Rd
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Bonus: Bonus: Seminar & Webinar attendees can access the recorded Streaming Video of this Seminar/Webinar for 30 days following the presentation.



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Fees (In Person or Webinar)

	<u>One Day</u>	<u>Both Days</u>
Individual Early Registration (received by May 1) _____	\$145 per person -----	\$275 per person
Two or more together at the same time (by May 1) _____	\$135 per person -----	\$255 per person
Regular Registration (May 2—June 8) _____	\$160 per person -----	\$295 per person
Late Registration and Walk-Ins - No Webinar Registrations After June 8 _____	\$175 per person-----	\$320 per person

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