

Outline

What Trauma Looks Like in Children & Adolescence

Adverse Childhood Experiences
Growing up During COVID: A New Stressor
Preverbal Trauma
Trauma-Related Emotional and Behavioral Issues

Trauma-Informed Assessment & Treatment Planning

Developmental trauma interview; ACEs score; Trauma Symptom Checklist
Assessment is not finite; how to continually assess client safety and therapeutic needs
Integrating behavioral and emotional goals
What does it mean to feel “better”?

How to Elevate Your Practice Utilizing CBT and Trauma Informed Techniques

Actively engaging kids with a child-centered approach
Balancing the structure of CBT with flexibility/ nuance of a trauma-informed lens
Integrating concrete skill-building into trauma processing work
Getting to the root cause of each child’s unique trauma needs

A Playbook for Implementing Trauma-Informed CBT (Worksheets, scripts & demonstrations included)

Preparing clients for trauma work
Psychoeducation: deciding what information is helpful and how to present it
Identifying the child’s level of anxiety/ physiological arousal
Teaching children the language around trauma

Affective Monitoring

When feelings are happening – press pause/ go with the flow
Noticing when emotions start to get bigger – feelings thermometer/feelings spectrum/ volcano
Mindfulness and body awareness

Metacognition –
Noticing thoughts as they come – watching the clouds/radio station
Emotional reaction to those thoughts – naming feelings/emoji feelings
Thought stopping activities

Narrative therapy

With specific trauma memories – writing vs dictating poem/children’s book/ narrative story
Without specific memories - exploring when they learned about the trauma/ exploring feelings related to the knowledge of the trauma

Relaxation Techniques that children enjoy

Mindful bowling/juggling
Guided safe place visualization
Body scan
Muscle relaxation
Stong like a tree
Art therapy
Music

Clinical Considerations

The art of getting caregiver buy-in for participation in treatment
Balancing honoring the client’s needs and requests with evidence-based practice and treatment goals created by guardians
Sometimes developmental trauma needs to be re-processed as the child gets older
Determining/Discerning how much treatment is “enough” for the child’s developmental age/ stage
Cultural diversity considerations for trauma work
Limitations of the research and potential risks

Live Webinar Schedule
(Times listed in Eastern)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

- 1. Integrate a trauma-informed approach to assessment, treatment planning, and sessions.
- 2. Employ a collaborative approach to treatment planning, balancing relevant, specific, and time-measurable goals with each client’s articulated goals for their care.
- 3. Modify therapeutic interventions based on client feedback of their unique needs, preferences, and history.
- 4. Utilize trauma-informed, evidence-based cognitive behavioral interventions in sessions, including mindfulness activities, breathing exercises, visualizations, metacognition, and psychoeducation.
- 5. Apply evidence-based cognitive-behavioral techniques while teaching clients to identify what does or does not work for them about each technique, and adjust interventions appropriately in light of client feedback.
- 6. Assess behavioral issues from a trauma-informed perspective, with an emphasis on identifying and addressing underlying needs rather than consequences or punishments for problem behaviors, and educate parents on how to implement this approach outside of sessions.

BONUS OFFER!

CBT Worksheet for Kids Collection

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Trauma-Informed CBT for Children & Adolescents

A Clinical Playbook for Integrating Structure with Client-Centered Flexibility

Live Interactive Webinar Friday, April 29, 2022

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Trauma-Informed CBT for Children & Adolescents

A Clinical Playbook for Integrating Structure with Client-Centered Flexibility



Featuring Amy Marschall, PsyD, International presenter, certified in Trauma-Focused Cognitive Behavioral Therapy, and author of newly released, *Telemental Health with Kids Toolbox*

This training includes a robust arsenal filled with interventions, instruction, worksheets & role play

Live Interactive Webinar Friday, April 29, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

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Trauma-Informed CBT for Children & Adolescents:

A Clinical Playbook for Integrating Structure with Client-Centered Flexibility

Sometimes we struggle to balance individual kids’ needs with implementing evidence-based care.

We know evidence-based treatment is an important goal, but statistics and research only go so far if the intervention isn’t the right fit for the child in the room.


Part of the experience of trauma is a sense of loss of control and disempowerment. Traumatized young clients need an active hand in their treatment, and as therapists we must foster this while implementing evidence-based care.

Dr. Amy Marschall, psychologist certified in TF-CBT and expert in evidence-based care for children and adolescents, will teach you how to balance the structure of CBT and the flexibility of a trauma-informed approach, in a way that meets each child’s unique needs.

In this one-day event, **you’ll learn to:**

- **Integrate effective CBT techniques with a trauma-informed approach**
- **Adapt your approach when you feel “stuck” in treatment**
- **Gain confidence treating children with histories of trauma**
- **Choose from a robust arsenal of techniques and tricks that are useful in-the-moment**
- **Reduce trauma-related symptoms: hypervigilance, rumination, people pleasing, dissociation, aggression, and more**
- **Teach kids concrete therapeutic skills while staying attuned to their trauma-related needs**
- **Empower kids to take an active role in their treatment!**

Don’t miss this opportunity to create your go-to trauma-informed playbook... Register today!



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.


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Meet Your Speaker



Amy Marschall, Psy.D., is a licensed clinical psychologist in South Dakota, working primarily with children and adolescents. She is trained in trauma-informed care as well as Cognitive Behavioral Therapy, and in 2017 became certified in Trauma-Focused Cognitive Behavioral Therapy. In her clinical practice, Dr. Marschall works with survivors of abuse, families in the foster care system, children with incarcerated parents, clients dealing with high-conflict divorce or separation, and those growing up with other chronic stressors and traumas.

Speaker Disclosure:

Financial: Amy Marschall is the founder of Resiliency Mental Health LLC. She is a clinical psychologist with Sioux Falls Psychological Services and the clinical director for A Change for Better. Amy is also a psychologist with ADHD Online and an adjunct professor at the University of Hartford Graduate Institute of Professional Psychology. She is a published author and receives royalties and receives a speaking honorarium from PESI, Inc. Amy has no relevant financial relationships with ineligible organizations.

Non-financial: Amy Marschall has no relevant non-financial relationship to disclose.

Target Audience:

Psychologists • Social Workers • Counselors • Marriage & Family Therapists
Speech-Language Pathologists • Occupational Therapists • School Administrators
Physicians • Teachers/School-Based Personnel


CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals:
Psychologists, Social Workers, Counselors, and Marriage & Family Therapists.

For specific credit approvals and details, visit pesi.com/webcast/86845

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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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\$219.99 tuition
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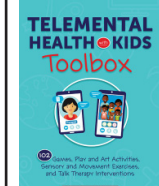
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DVD Experience:

- Self-study CE certificate available


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Recommended Reading:



Telemetal Health with Kids Toolbox
102 Games, Play and Art Activities, Sensory and Movement Exercises, and Talk Therapy Interventions
Dr. Amy Marschall, Psy.D. - your presenter!
~~\$26.99~~ **\$22.99***

PUB087140



CBT Deck for Kids and Teens
58 Practices to Quiet Anxiety, Overcome Negative Thinking and Find Peace
Seth Gillihan, Ph.D. & Ada Gillihan
~~\$19.99~~ **\$14.99***

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* Discount Included with purchase of the Webinar

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QUESTIONS

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