Pre-Conference Workshops

Morning Workshops

(A) Psychological First Aid (Part I)
Douglas Walker, PhD

(B) Healing the Heart from Trauma with Stories, Stillness, and Dancing
Maria Broom

Afternoon Workshops

(A) Psychological First Aid (Part II)
Douglas Walker, PhD

(B) Assessing, Intervening and Treating Traumatized Adults
Lisa Brown, PhD

(C) Is It In You? The Role of Playfulness in Healing & Strengthening Children Deeply Impacted by Trauma
Emily Saul, EdM, LMHC and Emily Margolis, MS
Emotional trauma negatively impacts individuals and their families across the lifespan and can occur in any environment and ensnare single or multiple victims. Examples include exposure to violence, abuse, natural disasters, severe illness or injury, and traumatic loss of loved ones. Utilizing a trauma-informed service delivery approach that strengthens practices, programs and partnerships is vital in addressing the negative consequences of trauma.

The 4th Biennial Trauma conference sponsored by the Family Center at Kennedy Krieger Institute provides an opportunity for those who provide services to trauma survivors to expand their knowledge base and learn new strategies for addressing this important public health issue. Based on the latest research and current trends, workshops will offer practical tools, information, and resources on contemporary trauma topics geared towards a broad audience.

**LEARNING OBJECTIVES**

- Increase awareness of the complexities of traumatic exposures imposed on children, adults, and families
- Describe effective trauma informed interventions that are based on research in the field
- Recognize the benefits of collaborative approaches in the delivery of trauma informed services between families, communities, and organizations
- Expand awareness of the benefits of community involvement in the healing process
- Identify strategies that promote prevention and support resiliency to those impacted by trauma
- Gain techniques and strategies for improving self-care through mindfulness (dance) and play

**WHO SHOULD ATTEND**

This activity is intended for Mental Health Professionals, Child Serving Professionals, Paraprofessionals, Legal Professionals, Faith-Based Providers, Medical Professionals, Community Partners, and Organizational Leaders.

**Location**

Doubletree by Hilton Baltimore-North Pikesville
1726 Reisterstown Road
Pikesville, Maryland, 21208

Enjoy easy access to an array of fantastic shopping, dining and entertainment venues when you stay at the DoubleTree by Hilton Baltimore North – Pikesville hotel. Located in Pikesville, our hotel offers easy access to many popular tourist attractions, all within a short 15 to 20 minute drive. Plan a trip to the Baltimore Inner Harbor District, a premier dining and entertainment district that features a variety of restaurants and nightclubs or take the water taxi over to historic Fort McHenry. Spend an enjoyable day at the Major League Baseball Oriole Park at Camden Yards or visit the Baltimore Ravens at M&T Bank Stadium. Thurgood Marshall (BWI) Airport is just 20 minutes away and an MTA Metro station is just five minutes from our Baltimore North hotel.

**RESERVATIONS**

Lodging is available on-site at the Doubletree by Hilton Baltimore-North Pikesville Hotel. Please mention the conference by name when making your reservation. A limited number of rooms have been booked at the discounted rate of $125 single/double occupancy. Rates are available until September 12, 2013, or until sold out, whichever comes first. To make a reservation, call (410) 653-1100 or reserve online at www.Baltimorenorthpikesville.doubletree.com. The discount code is KKI.
Pre-Conference Workshops
Thursday, October 3, 2013

**GENERAL INFORMATION**

**PARKING**
Complimentary self-parking.

**EMERGENCY CALLS**
On the day of this activity only, October 3-4, 2013 direct emergency calls to the Doubletree by Hilton Baltimore-North Pikesville front desk, (410) 653-1100. Conference staff will post emergency phone messages at the registration area for participants.

**SCHEDULE FOR PRE-CONFERENCE WORKSHOPS:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 am – 8:30 am</td>
<td>Check-in</td>
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<tr>
<td>8:30 am – 12:30 pm</td>
<td>AM Workshops</td>
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<tr>
<td>12:30 pm – 1:00 pm</td>
<td>Box Lunch</td>
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<tr>
<td>1:00 pm – 5:00 pm</td>
<td>PM Workshops</td>
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**MORNING WORKSHOP (A):**

**Psychological First Aid (All Day Session)**
*Douglas Walker, PhD*

Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. The Psychological First Aid Field Operations Guide was developed by the National Child Traumatic Stress Network and the National Center for PTSD to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. PFA does not assume that all survivors will develop severe mental health problems or long-term difficulties in recovery. Instead, it is based on an understanding that disaster survivors and others affected by such events will experience a broad range of early reactions (for example, physical, psychological, behavioral, spiritual). Some of these reactions will cause enough distress to interfere with adaptive coping and recovery may be helped by support from compassionate and caring disaster responders.

**MORNING WORKSHOP (B):**

**Healing the Heart from Trauma with Stories, Stillness, and Dancing**
*Maria Broom*

There is a mystical (non-scientific) effect of music, dancing, singing, and storytelling that touches, open, and contributes to the healing of the human heart. These tools are particularly effective when continually offered as salve to the hearts of children and adults that have been abused or violated. This experiential and interactive workshop will explore the use of storytelling, stillness and dancing as trauma techniques to support the healing process.

**AFTERNOON WORKSHOP (B):**

**Assessing, Intervening, and Treating Traumatized Older Adults**
*Lisa M. Brown, PhD*

Although most people experience one or more traumatic events (i.e., car accidents, death of loved one, disasters, etc.) by old age, few professionals have been taught how to identify and help traumatized elders. Psychological First Aid and Skills for Psychological Recovery are two interventions developed to reduce distress, promote adaptive functioning and coping, and mitigate Posttraumatic Stress Disorder in the immediate aftermath of a trauma. Similar to medical first aid, these interventions do not have to be delivered by highly trained, licensed mental health clinicians. For elders who need additional assistance recovering, effective mental health treatment such as cognitive behavioral therapy should be offered, including those with subsyndromal presentations. After exposure to a traumatic event, it is well recognized that existing physical and mental conditions, such as sensory impairment, physical disability, dementia, psychiatric disorders, and medical illnesses greatly increases risk for poor outcomes, resulting in higher rates of morbidity and mortality among older adults. This presentation will describe how evidence informed practices can be modified for geriatric populations and implemented in various settings that serve older adults.

**AFTERNOON WORKSHOP (C):**

**Is It In You? The Role of Playfulness in Healing & Strengthening Children Deeply Impacted by Trauma**
*Emily Saul, EdM, LMHC and Emily Margolis, MS*

This workshop will explore playfulness as a basic adaptive human trait, and how it can be nurtured in practice to foster the healthy, solid, and emotional development of children and families whose lives have been deeply impacted by both acute and/or chronic trauma.
Morning Schedule
7:30 am – 8:30 am  Conference Breakfast & Check-in
8:30 am – 9:45 am  **KEYNOTE**
The Mental Health Impact of Sudden Violence and Natural Disasters Across the Lifespan: A Call to Gimble
Russell Jones, PhD
9:45 am – 10:00 am Morning Break
10:00 am – 11:30 am  **Breakout Session I**
(A) Working with Immigrant Survivors of Trauma: Safely Discussing Traumatic Memories
Morgan Weibel, JD, Blanca Picazo, MA
(B) From Research to Practice: Yoga-Based Psychotherapy for Children Who Have Experienced Trauma and Neglect
Christine DeBerardinis, LCSW-C, Abena Brown-Ehiggali, PhD
(C) From Risk to Protection: Engaging Caregivers Affected by Interpersonal Trauma in Child and Family Focused Trauma Treatment
Sarah Gardner, LCSW-C
(D) Lives in Limbo
Rosa Johnson, MA
(E) Treating Traumatized Women at Marian House: A Therapeutic Approach of Empowerment
Elizabeth Heizer, CPC-AD, LCPC, Tina Buck, LGPC

Early Afternoon Schedule
11:30 am – 12:20 pm Lunch (on-site)
12:30 pm – 1:20 pm **FEATURED SPEAKER:**
Stories, Stillness, and Dancing: Healing the Heart from Trauma
Maria Broom
1:30 pm – 3:00 pm  **Breakout Session II**
(A) The Link Between Attachment Disorder and Human Trafficking
Sharon Fuller, Deneen Yates
(B) Easy as A-B-C: Adapting the D-E-F Framework to Guide Trauma Informed Assessments and Intervention Across Systems (Part 1)
Stephanie Schneider, MS, LPC, Robert Basler, LCSW-C, Howard Davidson, JD, Mary Rourke, PhD, Steven Grilli, ACSW, LCSW-C
(C) Elder Abuse: Recognizing the Problem, Creating Innovative Interventions
Ellyn Loy, LCSW-C, Nancy Aiken, PhD
(D) Trauma Interventions for Young Children
Kay Martel Connors, LCSW-C
(E) Improving the Odds of Positive Long-Term Outcomes for Emerging Young Adults Transitioning from Foster Care to Adulthood
Elizabeth Thompson, PhD

Late Afternoon Schedule
3:00 pm – 3:15 pm Afternoon Break
3:15 pm – 4:45 pm  **Breakout Session III**
(A) What’s the Story? The Power of Relationship and Narrative in Trauma Recovery
Brad Bryant, Michael Johan
(B) Easy as A-B-C: Adapting the D-E-F Framework to Guide Trauma Informed Assessments and Intervention Across Systems (Part 2)
Stephanie Schneider, MS, LPC, Robert Basler, LCSW-C, Howard Davidson, JD, Mary Rourke, PhD, Steven Grilli, ACSW, LCSW-C
(C) Treating Complex Trauma in Child Welfare
Paul Brylske, LCSW-C
(D) The Enough Abuse Campaign: An Introduction to Child Sexual Abuse Prevention
Patricia Cronin, LCSW-C, Carolyn Finney, LCSW-C
(E) Safe Streets Baltimore: A Public Health Approach to Reducing Gun Violence
Lori Toscano, Janell Thomas, Dante Barksdale

4:45 pm – 5:00 pm Evaluations
(A) Working with Immigrant Survivors of Trauma: Safely Discussing Traumatic Memories
Morgan Weibel, JD, Blanca Picazo, MA
Through role-playing, participants gain skills in safely discussing traumatic events with immigrant trauma survivors including: identifying and working with symptoms of trauma, and managing cultural and language barriers. Background information on working with immigrant victims and the legal remedies available to them will be presented. This workshop is interactive and a great opportunity for participants to learn from one another.

(B) From Research to Practice: Yoga-Based Psychotherapy for Children Who Have Experienced Trauma and Neglect
Christine DeBerardinis, LCSW-C, Abena Brown-Ehiliali, PhD
The neurobiological effects of childhood abuse and neglect are well documented. Among other implications, these negative effects can reduce the development of self-regulatory capacities which in turn inhibit social and emotional functioning and makes traditional mental health interventions less effective. Clinicians at the Family Center at Kennedy Krieger Institute developed a protocol for the Yoga-Based Psychotherapy Group (YBPG) to address deficits in self-regulatory capacities using principles from yoga and movement therapy. This 14 week trauma-informed group intervention utilizes yoga and movement techniques with boys and girls, ages 8-12, to increase self-awareness, promote improved self-regulation, self-esteem and pro-social behaviors. This presentation will introduce YBPG to participants and present preliminary outcomes and study results. Presentation is experiential and will include lecture, practice exercises and discussion.

(C) From Risk to Protection: Engaging Caregivers Affected by Interpersonal Trauma in Child and Family Focused Trauma Treatment
Sarah Gardner, LCSW-C
Evidenced-informed mental health interventions for treating child traumatic stress are most successful when caregivers participate constructively throughout the process. However, conditions of high stress and multiple trauma exposures over the lifespan and even across generations may negatively affect caregivers’ capacities for engaging in and supporting child and family trauma treatment. Using recent contributions from the relevant literature, this workshop will outline the negative effects of traumatic exposures and enduring stressful conditions on caregiver help-seeking behavior and ability to benefit from services. The workshop will demonstrate the differences between genuine and superficial caregiver involvement in child and family focused mental health care. Finally, using examples from FamilyLive, a caregiver-focused intervention, the workshop will provide examples of strengths-based strategies for supporting caregivers to become full participants in child and family focused trauma treatment.

(D) Lives in Limbo
Rosa Johnson, MA
“Lives in Limbo” is a highly interactive presentation that examines the impact of grief and loss in the lives of children who are adopted out of foster care. Presentation includes a blend of evaluative research on the impact of trauma, loss and grief on the healthy development of children, and practical strategies for moving children from a place of living in limbo to a place of reconciliation, recovery, and resilience. Presenter is an adoptive parent of a sibling group from foster care and a mental health professional who has experienced the realities and challenges of helping children to heal from family wounds.

(E) Treating Traumatized Women at Marian House: A Therapeutic Approach of Empowerment
Elizabeth Heizer, CPC-AD, LCPC, Tina Buck, LCPC
Homeless women and children living in poverty face challenges related to violence, poverty, substance abuse and incarceration that are disproportionate to the general population. For more than 30 years, Marian House has walked alongside such women as they have moved from the darkness associated with complex, intergenerational trauma to new-found meaning and independence. We use a trauma-informed approach to provide housing and therapeutic interventions using a graded approach to Intensive Short-term Dynamic Psychotherapy (ISTDP) that complements our use of Cognitive Behavioral Therapy and Motivational-Enhancement Therapy techniques. Our experience has demonstrated that by helping women become aware of their core emotions and learn to manage them in a healthy manner, they are less likely to return to old, harmful behaviors.
perpetrated by other family members. Twenty four percent of murder victims over the age of 60 are killed by their spouses, 42% are killed by their own children. With only 2% of the money designated for abuse prevention for Elder Abuse, it is imperative that all advocates be well trained to identify these cases. Traditional IPV advocates are not trained in age related deficits while traditional senior service providers have difficulty serving individuals whose behaviors are part of a cycle of abuse and violence. Maryland is part of an innovative approach to Eder Abuse which includes a "virtual shelter”. This workshop will speak both to the problem of elder abuse and this innovative response.

(D) Trauma Interventions for Young Children
Kay Martel Connors, LCSW-C

This workshop will provide an overview of evidence-based practices for work with families with young children (from birth to five years of age) who have witnessed or experienced personal, family, or community trauma. Participants will learn how trauma, loss, and disrupted attachment impact young children’s mental health and brain development. Screening and assessment strategies will be highlighted.

(E) Improving the Odds of Positive Long-Term Outcomes for Emerging Young Adults Transitioning from Foster Care to Adulthood
Elizabeth Thompson, PhD

Most youth in foster care have traumatic family histories and life experiences that result in increased risk for emotional and behavioral disorders. Additionally, transitioning to adulthood without a permanent family or connection is both a traumatic experience as well as a trauma trigger. Emerging young adults transitioning from foster care to adulthood often have poor outcomes in the key domains associated with transition; including education, employment, housing, personal and community connections, and physical and emotional health and well-being. In part, this is due to a failure of individuals, agencies and systems that provide skills in these areas to do so in a way that helps to address underlying traumatic experience and the associated reactions and results. Panelists representing emerging young adults, foster parent caregivers, and family serving systems will discuss the importance of trauma-informed services and supports for this population.

BREAKOUT SESSION III 3:15 PM – 4:45 PM

(A) What’s the Story? The Power of Relationship and Narrative in Trauma Recovery
Brad Bryant, Michael Johan

For decades, research on foster care and adoption disruptions has emphasized that the majority of children who enter these systems do so because of extreme and challenging behavior. They often are replaced into new foster homes for the same reason. The irony is that purely behavioral interventions don’t work well with children who have experienced trauma. Caregivers often react to ‘bad’ behavior on a moral basis and move to punish rather than to understand. Such reactions reinforce a sense of shame and victimhood rather than building resilience, perspective and understanding.

This workshop will describe strategies that link a child’s traumatic experience with the behavior that has helped them cope with it. It will stress the importance of relationship, safety and trust and the role of narrative in developing interventions that ultimately impact challenging behavior. The workshop will overview the neurology of maltreatment and the background to narrative therapies. It will describe several specific ways therapists and other professionals may help caregivers and children deal with the effects of traumatic experience. This workshop will be interactive and experiential and provide several concrete skills for use in daily practice.

(B) Easy as A-B-C: Adapting the D-E-F Framework to Guide Trauma Informed Assessments and Intervention Across Systems (Part 2)
Stephanie Schneider, MS, LPC, Robert Basler, LCSW-C, Howard Davidson, JD, Mary Rourke, PhD, Steven Grilli, ACSW, LCSW-C

Professionals interacting with children and families at any level need guidelines for trauma-informed assessment and intervention. The D-E-F protocol (address Distress; provide Emotional support; assess Family needs) has been used successfully as a tool for intervention with children and families experiencing medical trauma. There has been interest in adapting the D-E-F framework across other child-serving systems. In this workshop, representatives from diverse systems will discuss how the D-E-F guidelines can be adapted to support assessment and intervention in child welfare, juvenile justice, developmental disabilities, and education. Workshop participants will have the opportunity to contribute to the adaption of the protocol to their own work and will be provided with a customized set of guidelines after the conference.

(C) Treating Complex Trauma in Child Welfare
Paul Brylske, LCSW-C

While the effects of complex trauma can be profound, they can be treated and children can recover. The April 2012 Administration for Children and Families (ACF) memorandum, “Promoting Social and Emotional Well-Being for Children and Youth Receiving Child Welfare Service” laid out necessary elements that address childhood trauma in the child welfare system. The Attachment, Regulation, and Competency (ARC) treatment framework integrates these elements in supporting the healing and the process of recovery of children/youth in foster care that have experienced complex trauma.

This workshop will discuss the adaptation and implementation of the ARC treatment framework in the Kennedy Krieger Institute’s Therapeutic Foster Care Program. In addition the use of the Child and Adolescent Needs and Strengths (CANS) assessment tool will also be discussed.

(D) The Enough Abuse Campaign: An Introduction to Child Sexual Abuse Prevention
Patricia Cronin, LCSW-C, Carolyn Finney, LCSW-C

According to the American Medical Association, child sexual abuse is “a silent epidemic.” One in 4 women and 1 in 6 men report experiencing sexual abuse in childhood. Nearly 40 % of the incidents of child sexual abuse are committed by peers or older youth. The Enough Abuse Campaign is an innovative, community based mobilization and educational effort designed to stop child sexual abuse before it starts. Successfully implemented in Massachusetts for over a decade, it has been hailed as “a trailblazing effort” by the Federal Centers for Disease Control & Prevention. The Maryland Partnership to Prevent Child Sexual Abuse has worked over to last two years to implement this program throughout Maryland.

Using a public health approach, The Campaign seeks to develop adult and community responsibility for prevention by using a sustainable model that incorporates an innovative mix of public policy, advocacy, educational, outreach, and messaging strategies. This 90 minute presentation will focus on strategies that support parents/caregivers and communities in the development of sexually healthy behaviors in children and youth.
Most program participants are beyond the reach of traditional social support systems. They have dropped out of school, exhausted social services or aged out, and many have never held a legitimate job; their next encounter with the system is either to be locked up behind bars or laid out in the emergency room.

Outreach workers canvas neighborhoods and connect with high-risk youth and young adults during evenings and weekends to diffuse situations and link them to services. Safe Streets is a tool that communities can use to restore the safety of their streets and strengthen community bonds through community mobilization, outreach, public education, faith, and criminal justice community involvement.

Policy on Speaker and Provider Disclosure
It is the policy of the Family Center at Kennedy Krieger Institute that the speaker and provider disclose real or apparent conflicts of interest relating to the topics of this educational activity and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The Family Center at Kennedy Krieger Institute has established policies in place that will identify and resolve all conflicts of interest prior to this educational activity. Detailed disclosure will be made in the activity handout materials.

Continuing Education
This program meets the criteria for up to 8 CE credits on day one and 7 CE credits on day two.

Psychologists: The Family Center at Kennedy Krieger Institute is authorized by the Maryland State Board of Examiners of Psychologists as a provider of continuing education. Continuing Education credit for non-Maryland residents will be sponsored by the National Child Traumatic Stress Network.

Social Workers: The Family Center at Kennedy Krieger Institute is authorized by the Maryland Board of Social Work Examiners as a provider of continuing education. Application as an authorized sponsor of continuing education credits for non-Maryland Social Workers has been made to the National Association of Social Workers.

Licensed Certified Professional Counselors: Application as an authorized sponsor of continuing education credits for licensed certified professional counselors has been made to the National Board for Certified Counselors.
Conference Registration

<table>
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<th>Full Price</th>
<th>Late Price (after Sept. 11, 2013)</th>
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<td>1</td>
<td>PRE-CONFERENCE HALF-DAY</td>
<td>Thursday, October 3</td>
<td>$90</td>
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<tr>
<td>2</td>
<td>PRE-CONFERENCE ONLY</td>
<td>Thursday, October 3</td>
<td>$175</td>
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<tr>
<td>3</td>
<td>FULL 2-DAY CONFERENCE</td>
<td>Thursday – Friday, October 3–4</td>
<td>$325</td>
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<td>4</td>
<td>CONFERENCE DAY ONLY</td>
<td>Friday, October 4</td>
<td>$175</td>
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Conference Workshop Selections

**PRE-CONFERENCE SELECTION WORKSHOPS (Selections 1, 2, or 3 Above)**
Please indicate which workshop you plan to attend by placing an “x” next to the workshop letter. Letter assignments are located next to each workshop title in the Conference Schedule and Program. Each pre-conference workshop is limited to 50 participants.

Morning Workshops (8:30–12:30):
- □ A
- □ B

Afternoon Workshops (1:00–5:00):
- □ B
- □ C

**CONFERENCE DAY BREAKOUT SESSION SELECTION (Selections 3 or 4 Above)**
List top three choices by number in order of preference for each breakout session.

I (10:00–11:30): _____ A   _____ B   _____ C   _____ D   _____ E

II (1:30–3:00): _____ A   _____ B   _____ C   _____ D   _____ E

III (3:15–4:45): _____ A   _____ B   _____ C   _____ D   _____ E

Methods of Payment

Visa, MasterCard, or check only. Make checks payable to: Kennedy Krieger Institute.
- □ Check (# ______): $ ________________
- □ Credit Card: $ ________________
  - □ VISA
  - □ Mastercard

Card Number
Exp. Date
Security Code
Signature
Date

You will receive a confirmation by e-mail. If you have not received it by September 11, 2013, call (443) 923-5971.

Cancellation/Refund Policy

A handling fee of $50 is deducted for cancellation. Refund requests must be received by fax or mail by September 11, 2013. No refunds will be made thereafter. Transfer of registration to another person to the conference in lieu of cancellation is not possible. The Family Center at Kennedy Krieger Institute reserves the right to cancel the conference due to unforeseen circumstances. In this event, we will refund the registration fee only and not additional costs associated with attending the conference.

Questions? Have Special Needs/Dietary Requests?
If you have any questions, comments, and/or concerns regarding our registration and payment policies, please contact the Trauma Training Academy at (443) 923-5971.

On-site registration is not possible for this event.