



Crossroads



Friday, May 16th, 2008 8 a.m. – 4:30 p.m.

A Conference on Childhood TRAUMA: Integrating Research and Practice

Sponsors:

Crossroads

Lake County Alcohol Drug Addiction and
Mental Health Services Board

Audience:

Designed for social workers, counselors,
psychologists, psychiatrists, attorneys, court
personnel, guardians ad litem, legal advocates,
mediators, educators, nurses, doctors and
other medical professionals, parents, care-
givers, foster parents, and others interested in
the care and well-being of children.

Location:

Radisson Hotel & Suites – Cleveland, Eastlake
35000 Curtis Blvd., Eastlake, Ohio 44095
(SR 91 and SR 2)

For more information,
call (440) 255-1700

About Childhood Trauma

Trauma suffered during childhood can have a pervasive impact on the lives of children. National statistics put the occurrence of childhood trauma as high as 43% of all youths. Nationally, four children die from abuse every day. In Ohio, there are, on average, over 93,000 reports of child abuse and neglect each year. In 2004, 61 fatalities were reported statewide due to abuse or neglect.

Children and families experience trauma in many ways. Trauma can include abuse, neglect, family losses, exposure to violence, divorce, and serious illness. The impact on how children think, feel and act can be profound and long lasting. Research has shown that repeated exposure to traumatic experiences changes the physiology of the brain and can result in increased risk of mood disturbances, disturbed attachment relationships, addictions and a range of serious medical problems including cardiac disease, diabetes and auto-immune disorders (Goodwin & Stein, 2004). It is critical to intervene as early as possible with support, prevention and treatment.

The Impact of Childhood Trauma on Lake County

One indicator of the level of distress among youth in Lake County is the county's rate of adolescent suicide. From 2004-2007, nine Lake County teenagers died by suicide. Comparing Lake County to the seven surrounding counties and the State of Ohio, Lake County's average teen suicide rate between 1999 and 2001 is significantly higher by far than any surrounding county including Cuyahoga, and is almost 63% higher than the state average. Addressing childhood trauma can significantly impact the rate of depression and suicide in later years.

The Conference Agenda

A one-day conference highlighting current research, prevention and treatment strategies, and collaborative systems of services to address childhood trauma.

Registration/Continental Breakfast 8:00 - 8:30 a.m.

Welcome and Introductions 8:30 - 8:45 a.m.

Morning Session 8:45 a.m. - Noon

The Mindful Brain: Therapeutic Healing in the Face of Trauma – Daniel J. Siegel, M.D.

Lunch Noon - 1:15 p.m. [Lunch will be provided]

Concurrent Afternoon Breakout Sessions 1:15 - 4:30 p.m.

[1] Healing Trauma: Strategies for Working with Families and Children – Daniel J. Siegel, M.D.

**[2] Collaborating Across Systems to Improve Outcomes for Young Children
in Foster Care – Lucy Hudson, M.S.**

[3] Managing Vicarious Traumatization: How Not To Take the Work Home – John Kinsel, M.S., LPCC

**[4] Treating Trauma and Traumatic Grief in Children:
Community Applications – Erna Olafson, Ph.D., Psy.D.**



Keynote Speaker:
Daniel J. Siegel, M.D.

About the Keynote Speaker: Daniel J. Siegel, M.D.

Daniel J. Siegel, M.D., author of *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*, received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative.

Dr. Siegel's psychotherapy practice includes children, adolescents, adults, couples, and families. An award-winning educator, he formerly directed the training program in child psychiatry and the Infant and Preschool Service at UCLA. He is the recipient of the psychiatry department's teaching award and several honorary fellowships. He is currently an associate clinical professor of psychiatry at the UCLA School of Medicine where he is on the faculty of the Center for Culture, Brain, and Development. He is also the Director of the Center for Human Development, an educational organization that focuses on how the development of individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.

Dr. Siegel is the co-editor of a handbook of psychiatry and the author of numerous articles, chapters, and the internationally acclaimed text, *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*. This book introduces the idea of interpersonal neurobiology and has been of interest to and utilized by a number of organizations, including the U.S. Department of Justice, the Vatican's Pontifical Council for the Family, the Council on Technology and the Individual, early intervention programs and a range of clinical and research departments worldwide. Dr. Siegel serves as the Founding Editor-in-Chief for the Norton Series on Interpersonal Neurobiology. His book with Mary Hartzell, M.Ed., *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* explores the application of this newly emerging view of the mind, the brain, and human relationships.

Dr. Siegel's integrated and accessible developmental approach has led him to be invited to local, national and international organizations to address groups of educators, parents, public administrators, healthcare providers, policy-makers, clergy, and neuroscientists. The overall goal of these educational efforts is to provide a scientifically grounded view of human experience to a wide audience that can help facilitate the development of psychological well-being and emotional resilience across the lifespan.

Keynote Address:

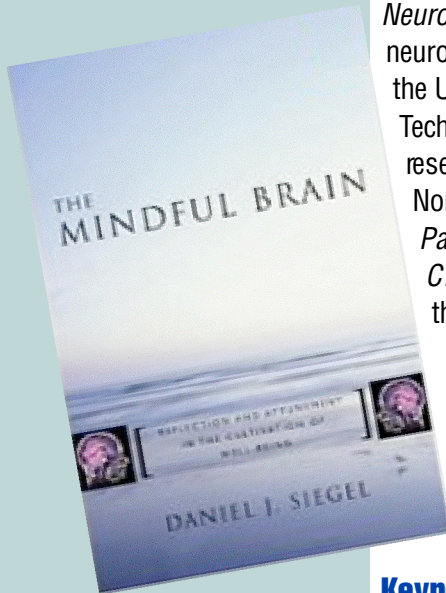
The Mindful Brain: Therapeutic Healing in the Face of Trauma

Mindful awareness has been scientifically proven to promote social, emotional and physical well-being and is an effective part of psychotherapy practice. Mindful awareness has also been found to help prevent relapse of drug addiction and chronic depression, and in the treatment of anxiety and borderline personality disorder. This keynote presentation will explore the possible ways in which mindfulness may actually work to promote the healing of trauma and to enrich our lives.

Breakout Session [1]

Healing Trauma: Strategies for Working with Families and Children

This workshop is a continuation of the morning keynote. Dr. Siegel will discuss the importance of relationships that promote empathy and insight in the development of well-being. This form of health involves the body's physiology, the mind's sense of coherence, and the brain's resilience in the face of stress. He will focus on strategies for developing and strengthening healthy minds and empathic relationships in the lives of children and their families.





Lucy Hudson

Lucy Hudson is the ZERO TO THREE Project Writer/Policy Analyst for the ABA Center on Children and the Law's Improving Understanding of Maternal and Child Health project, funded by the Health Resources and Services Administration, U.S. Department of Health and Human Services. She is also the Director of the Court Teams for Maltreated Infants and Toddlers Project at ZERO TO THREE. She manages all aspects of the Court Teams Project including policy and procedure development; program evaluation; data collection and analysis; compliance reporting; budget development and tracking; and staff supervision, development, and training. Ms. Hudson has more than 30 years of experience in project management, program implementation, and policy development in public and private sector child care, child welfare, health care, and youth-serving organizations. She received her Master of Science degree from Wheelock College in 1987.

Breakout Session [2] Collaborating Across Systems to Improve Outcomes for Young Children in Foster Care

The youngest children in the child welfare system are vulnerable to significant long-term harm because their brains are developing more rapidly than at any other time in their lives. Administrative decisions to change placements, disrupted placements due to foster parent-child problems, and misguided visitation and reunification practices can adversely affect this crucial phase of psychological development. This workshop explores the developmental issues confronting young children and how court-community collaboration can improve their life chances.



John Kinsel

John Kinsel has over 25 years of experience as an Early Childhood Mental Health Professional providing individual, group and family therapy, clinical supervision, professional training and mental health consultation. Specializing in Infant Mental Health and Traumatized Young Children, he has presented at local, state, national and international conferences on a wide variety of Early Childhood Mental Health related topics. He is charter president of the Ohio Association for Infant Mental Health. A former preschool teacher, he is also the father of two.

Breakout Session [3] Managing Vicarious Traumatization: How Not To Take the Work Home

Mental health professionals and others in social service are regularly exposed to persons who have been traumatized. Hearing "horror" story after "horror" story takes a toll on the empathic listener. This workshop will explore how to recognize one's own vulnerabilities and to develop strategies for successfully coping with this specific job hazard.



Erna Olafson

Erna Olafson, Ph.D., Psy.D., is director of the Program on Child Abuse Treatment and Training within The Childhood Trust of Children's Hospital Medical Center in Cincinnati and director of the Forensic Training Institute. Dr. Olafson is associate professor of Clinical Psychiatry and Pediatrics in the Department of Psychiatry, University of Cincinnati School of Medicine, and is on the faculty of the Women's Studies Program at the University of Cincinnati. Dr. Olafson's clinical work and publications have focused on the evaluation and treatment of suspected cases of child abuse throughout the United States and in Canada.

Breakout Session [4] Treating Trauma and Traumatic Grief in Children: Community Applications

This workshop focuses on effective treatments for maltreated or traumatized children and their caregivers, with special focus on Trauma-focused Cognitive Behavioral Therapy (TF CBT), the treatment that has the strongest evidence base for this population. TF CBT is a clinic-based, short-term therapy, guided by a manual but very dependent on therapeutic skill, creativity, and the fostering of supportive relationships with both parents and children. The workshop will focus on special issues that arise and necessary adaptations that may be necessary when TF CBT is applied in community settings.

Conference Registration Fee: \$125 (\$95 for registrants who work for organizations funded by the Lake County ADAMHS Board.)

CEU's (6) will be offered for counselors and social workers. CLE's are pending.

Registration (Payment must accompany registration.) [PLEASE PRINT]

Name _____

Organization _____

Address: please [] Home [] Work _____

City _____ State _____ Zip _____

Work Phone _____

Evening Phone _____

E-mail – needed for reservation confirmation _____

Preferred Breakout Session 1 – 4: 1st Choice _____ 2nd Choice _____

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