

The Worcester Institute on Loss and Trauma



After the 1999 Worcester Cold Storage Fire that claimed the lives of six firefighters, the Worcester community lacked a system and comprehensive way to help those who had suffered both directly and indirectly from the loss and trauma that resulted from this event.



In December 1999, Dr. Marjorie Cahn worked tirelessly with the leadership of Youth Opportunities Upheld (Y.O.U., Inc.) and the University of Massachusetts Medical School, Department of Psychiatry to develop the purpose and structure of the Worcester Institute on Loss and Trauma. Conferences have been held annually since 2000.

Committee Members for 2015 Conference

- Chairperson Emeritus: Marjorie Cahn, LICSW, Ed.D.
- | | |
|-------------------------------|-----------------------------|
| Beth Barto, LMHC | Evan Graber, Ph.D. |
| Bonnie Byer, M.A. | Donna Jerszyk-Hollis, LICSW |
| Christine MacWade, LICSW | Paul Kelleher, LICSW |
| Anne Fine, LICSW | Joy Poole, B.A. |
| Elisabeta Gega-Blaney, M.B.A. | Elaine Waters-Daverio, LMHC |

In memory of David Hollis 1948 – 2015

David Hollis served as a member of the Worcester Institute on Loss and Trauma for well over a decade. David worked as a clinical social worker for 34 years. Most recently, David worked for 15 years as the Director of Child and Family Counseling for the Jewish Family Service/JF&CS of Worcester. Moreover, since 1999, David had responded to local and national disasters, including the Worcester Cold Storage Fire, September 11, the RI Nightclub Fire, Hurricane Katrina and the School Shootings in Newtown, CT. In 2013, he was appointed to be the first American Red Cross Disaster Mental Health Advisor to MA. David's unwavering commitment to the mission and vision of the Institute proved essential in shaping past conferences. Our success over the years is due in part to David's compassion, knowledge, and expertise. He will be greatly missed.

Meet the Keynote Presenters

Hugo Kamy, Ph.D. is a professor at the Simmons College School of Social Work, and teaches courses in clinical practice, trauma and narrative therapies at both the masters and doctoral levels. His professional identity weaves together several backgrounds and narratives. Originally from Uganda, Dr. Kamy came to the United States over thirty years ago. He studied at Harvard University, Boston University, Boston College, and began a career in the interrelated practices and trainings of social work, psychology, and theology. Dr. Kamy's current research, clinical practice and teaching, revolves around trauma, child mental health and international practice. Dr. Kamy serves on a number of boards in the Greater Boston area, and is a founding member of the Boston Institute for Culturally Affirming Practices (BICAP), for which he is engaged in a number of writings, teachings, and social justice projects. In 2003, the American Family Therapy Academy recognized his work with an award for Distinguished Contribution to Social and Economic Justice.

Lark Eshleman, Ph.D. is an international expert in the field of child trauma and attachment, and is the author of *Becoming a Family: Promoting Healthy Attachments with Your Adopted Child*. She is trained and highly practiced in therapeutic practices of Theraplay,® EMDR, EEG Biofeedback (Neurofeedback), Attachment and Narrative Therapy, Trauma Art Narrative Therapy (TANT), and family and individual psychotherapy for children with significant trauma and attachment issues. Dr. Eshleman designed and teaches a program for helping children heal from community violence, and also the STAT™ (Synergistic Trauma and Attachment Therapy) treatment model. She has also created and ran a multi-modal mental health clinic. Currently she offers workshops and trainings for parents and professionals. She writes for *Fostering Families Magazine*, among other magazines and journals.

Gregory Leskin, Ph.D. is the Program Director for Military and Veteran Families Program for University of California, Los Angeles/Duke University's National Center for Child Traumatic Stress. Dr. Leskin directs (NCTSN) Military and Veteran Families Program to provide education, training, and resources on military culture, screening, assessment, and evidence-based interventions to the military, the VA, and community-based behavioral health providers throughout the United States. Previously, Dr. Leskin worked as a Clinical Researcher and Director of Clinical Training at the National Center for PTSD and the VA Palo Alto Health Care System. He completed a National Institute of Mental Health post-doctoral fellowship at the National Center for PTSD at the Boston VA Medical Center. He is the primary developer of multiple national, state, and local initiatives to provide supportive services for service members, veterans, and their families for the U.S. Marines, U.S. Navy, U.S. Army, and the VA. Dr. Leskin has written, consulted, and lectured extensively on a number of topics, including assessment and treatment for combat-related PTSD, impact of deployment on families and children, and promoting psychological resilience.

Conference:

College of the Holy Cross – Hogan Campus Center
 1 College Street
 Worcester, MA 01610

Worcester Institute on Loss and Trauma 16th Annual Conference

Trauma of Displacement and Disrupted Attachment

Wednesday, September 16, 2015

Hogan Center, College of the Holy Cross, Worcester, MA

Featured speakers:

Hugo Kamy, Ph.D.

Recognizing the Universality of Loss:
 Lived Experiences of Attachment Disruption

Lark Eshleman, Ph.D.

Attachment: A Critical Protective Factor during Trauma and Loss

Gregory Leskin, Ph.D.

Trauma-Informed Care and Evidence-Based Practices to Address Disrupted Attachment in Child, Military, and Veteran Families



Y.O.U., Inc.
 81 Plantation Street
 Worcester, MA 01604

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Trauma of Displacement and Disrupted Attachment

Featuring

Hugo Kamy, Ph.D. ♦ **Lark Eshleman, Ph.D.** ♦ **Gregory Leskin, Ph.D.**

Sponsors:



Wednesday, September 16, 2015

College of the Holy Cross, Worcester, MA

Non-Profit Org.
 U.S. Postage
 P A ID
 Permit No. 514
 Worcester, MA

Trauma of Displacement and Disrupted Attachment

16th Annual Conference of the Worcester Institute on Loss and Trauma

Welcome all! Enjoy the day!

— Marjorie Cahn, Ed.D., Founder and Emeritus Institute Chair

Agenda

8:00 Registration		
8:45	Welcome	David P. Forsberg – Interim President and CEO of Y.O.U., Inc.
9:00	Personal Story Keynote Recognizing the Universality of Loss: Lived Experiences of Attachment Disruption	Hugo Kamyra, Ph.D. Hugo Kamyra's traumatic story is common in immigrant African families. Fear, loss, grief, and anger are pervasive. Drawing from a personal story of war and displacement, this presentation will discuss attachment loss and disruption in context. Dr. Kamyra will seek to underscore the universality of loss across attachments, whether due to war, foster care, adoption, or divorce to name a few, and the importance of creating a new sense of meaning, and daring to hope. Loss, as a cultural and family bereavement lens, will be explored.
10:15	Break/Bookstore	
10:30	Keynote Attachment: A Critical Protective Factor during Trauma and Loss	Lark Eshleman, Ph.D. Everyone experiences trauma throughout a lifetime. But learning how to heal from trauma, learning how to live with significant losses, and becoming comfortable using appropriate and healthy coping mechanisms, are skills that we learn along the way, many through the attachment process. As a nation that prides itself on being "resilient" and strong, perhaps we need to think carefully what exactly it is that gives us the strength to be resilient, and how we can nurture that resilience along the way.
12:00	Lunch	
12:45	Keynote Trauma-Informed Care and Evidence-Based Practices to Address Disrupted Attachment in Child, Military, and Veteran Families	Gregory Leskin, Ph.D. Dr. Leskin will discuss the concept of loss, disrupted attachment, PTSD, TBI, suicide and how it relates to child-parent/caregiver before, during and after deployment. Alterations in a service member with PTSD or TBI can disrupt development of attachments with very young children and change attachments with older children. Participants will be provided with information and resources to learn about specific cultural and contextual issues that serve as the framework for delivery of evidence based practice treatment. Participants will identify resources that can be used to enhance parenting/caregiving skills to ultimately strengthen attachment and bonds at all stages of the child's development.
2:15	Break/Bookstore	

2:30-4:00 Workshops

A Spirituality, Attachment and Trauma	Hugo Kamyra, Ph.D. This presentation will offer ways of engaging spirituality in clinical practice. Challenges associated with spirituality will be addressed, as well a discussion on listening to the spiritual import in context. Spirituality and the appropriate use of spirituality, as a coping strategy in addressing trauma and attachment will be explored.
<i>Stephen M. Cahn, Esq. Memorial Workshop</i>	
B Basic Structured Play: Key to Promoting Healthy Attachment and Nurturing Resilience	Lark Eshleman, Ph.D. Children need to practice self-regulation, impulse control and be allowed to expand creativity and flexibility, in order to develop basic developmental skills. This workshop will outline, discuss, and practice ways in which structured games improve child development. Be ready to laugh and have fun!
C Trauma Informed Systems of Care for Military Connected Families: Looking Ahead	Gregory Leskin, Ph.D. Dr. Leskin will review recent scientific findings related to the impact of military deployment, transitions, and parental behavioral health. Using a developmental and ecological framework, Dr. Leskin will highlight specific risk and protective factors, describe practice elements and skills required for providers to identify and treat traumatic stress, and share web-based resources and information designed to support the psychological health of military and veteran families and children.
D Working with Children and Families Experiencing Homelessness: A Trauma-Informed Approach	Kathleen Guarino, LMHC Becoming homeless is a traumatic experience, often compounded by other traumatic stressors (e.g., violence, isolation, family conflict and separation). Exposure to chronic stress impacts caregivers and children and the health of the family unit. This workshop will address the need for a "trauma-informed" approach to homeless-families service-provision.
E Approaches and Tools When Working with Foster/Adoptive Children and Families	Michael McManus, LICSW and Lisa K. Funaro, LICSW Children and youth who experience early deprivation or abuse, as well as other trauma, can pose unique challenges in clinical settings and in efforts to secure permanency. This presentation will review and discuss different considerations, interventions and possibilities when working within either clinical or permanency focused settings. Pre-placement, matching, transitions and post-placement will be included in this discussion.
F Implication of Federal Immigration Policy on Latino Families and Communities: Strengths and Resources Promoting Empowerment and Wellness	Celeste Atallah-Gutiérrez, Ph.D. This workshop employs ecological and participatory perspectives of mental health principles to examine the impact of U.S. immigration policy on the lived experiences of Latino immigrants, the responses to increased enforcement, the critical role of community-based resources in protecting personal and family wellness, and explore the role of a social service/mental health clinician in working towards health and social justice.



Purpose of the Conference

Individuals, children, and families face complex challenges when displacement occurs in the form of immigration, foster care placement, military separation, homelessness, war, etc. Common adjustment issues include adapting to a new home, milieu, culture, language, environment, and learning new customs, while simultaneously maintaining family values and cultural traditions. For many who are displaced, trauma is central to their experience prior to, during, and post-displacement. Therefore, it is critically important when serving people who have been displaced that providers understand trauma, attachment issues, and their impact when designing programs and services that reflect the principles of trauma-informed practices.

Educational Objectives

Upon the completion of the conference, participants will be able to:

- Gain an understanding of the function and universality of loss in the human life cycle.
- Define attachment in the context of being a protective factor, established during infant and toddlerhood, which is critically important during times of trauma throughout the lifespan.
- Identify three ways in which Attachment psychologically and behaviorally acts as a protective factor in ameliorating effects of trauma and loss.
- Illustrate two ways of using healthy attachment that can help support healing from early trauma.
- Review several risk factors for adjustment issues as they are related to a broad range of family difficulties and challenges.

Continuing Education Credits

Licensed Mental Health Counselors

6 CEUs have been applied for this program through MMCEP. This program is in accordance with MMCEP for 6 Contact hours under Category 1

Social Workers

Application for social work continuing education credits has been submitted. Please contact us at gegae@youinc.org for the status of social work CE accreditation.

Psychologists

6 CEUs have been applied for this program through The Institute of Clinical Training and Research (ICTR). Participants attending the entire program and completing a program evaluation will receive 6 continuing education credits. You must be present in order to receive CE credits..

School Personnel

Certificate of Attendance for 6 hours will be provided.

Nurses

Trainings meet the requirements of the MA Board of Nursing (244 CMR 5.00) for 6 contact hours.

Licensed Marriage and Family Therapists

6 CEUs have been applied for this program FDA/CE Certifications and the Massachusetts Association for Marriage & Family Therapy, Inc.

Registration Form

Deadline for Registration is September 9, 2015 and is based on availability.

Name (First, Last) _____

Agency/Credentials _____

Agency/Home Address _____

City _____ State _____ Zip _____

E-mail address _____

Registration confirmations will only be sent via e-mail.

Telephone number _____

Special accommodations must be received by August 15, 2015.

Afternoon Workshop

- Spirituality, Attachment and Trauma
- Basic Structured Play: Key to Promoting Healthy Attachment and Nurturing Resilience
- Trauma Informed Systems of Care for Military Connected Families: Looking Ahead
- Working with Children and Families Experiencing Homelessness: A Trauma-Informed Approach
- Approaches and Tools When Working with Foster/Adoptive Children and Families
- Implication of Federal Immigration Policy on Latino Families and Communities: Strengths and Resources Promoting Empowerment and Wellness

1st Choice	A	B	C	D	E	F
2nd Choice	A	B	C	D	E	F

Registration Fees

Registration fee includes continental breakfast, lunch, and continuing education credits.

Early Registration Fee, received on August 15, 2015 \$140.00

Full Registration Fee effective August 16, 2015 \$160.00

Tickets for Eight (8) \$1,000.00

(Note: No Table reservations available.)

Please make all checks payable to Y.O.U., Inc.

Send form and payments to:

Worcester Institute on Loss and Trauma

Y.O.U., Inc.

81 Plantation Street

Worcester, MA 01604

To pay by credit card, please go to www.youinc.org

For further information please contact:

Elisabeta Gega-Blaney at (508) 849-5600 ext. 289

E-mail gegae@youinc.org

All registration fees are non-refundable.

