Healing From Trauma

The Seventh Annual Worcester Institute on Loss and Trauma

Featuring **Linda Sanford, LICSW**

John Briere, PhD, and Sandra Bloom, MD

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81 Plantation Street
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Wednesday, September 27, 2006

College of the Holy Cross, Worcester, MA

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Featured speakers:

Linda Sanford, LICSW

Author of *Strong at the Broken Places*

John Briere, PhD

Author of Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment

Sandra Bloom, MD

Author of *Creating Sanctuary: Toward the Evolution of Sane Societies*

Book signings

Keynote presenters will be conducting book signings periodically throughout the day. Books will be available for purchase the day of the conference.

Directions to Holy Cross

By Car:

From the East and West (Boston, Hartford, and New York)
Massachusetts Turnpike I-90. Take Exit 10 to I-290 East toward Worcester. Take Exit 11 (College Square/Southbridge Street) off I-290. Cross over to the right lane immediately after coming off the ramp to College Square. Take the first right (**before** the traffic light) onto College Street. **Go up the hill and enter the last gate on the left, Gate 7.** The Hogan Campus Center is the second building on the left with the large silver cross on it. **Visitor parking** is to the right of the Campus Center.

From the North
I-495 South to I-290 West, Exit 25B. From I-290 West take Exit 11 (College Square, Southbridge Street). Bear left coming off the ramp onto Southbridge Street. Take the first right (**before** the traffic light) onto College Street. **Go up the hill and enter the last gate on the left, Gate 7.** The Hogan Campus Center is the second building on the left with the large silver cross on it. **Visitor parking** is to the right of the Campus Center.

From the Southeast
I-495 North to Massachusetts Turnpike I-90. Take Exit 10 to I-290 East toward Worcester. Take Exit 11 (College Square/Southbridge Street) off I-290. Cross over to the right lane immediately after coming off the ramp to College Square. Take the first right (**before** the traffic light) onto College Street. **Go up the hill and enter the last gate on the left, Gate 7**. The Hogan Campus Center is the second building on the left with the large silver cross on it. **Visitor parking** is to the right of the Campus Center

From the South (Providence, Rhode Island)
Route 146 North to I-290 West toward Worcester. From I-290 West take Exit 11 (College Square, Southbridge Street). Bear left coming off the ramp onto Southbridge Street. Take the first right (**before** the traffic light) onto College Street. **Go up the hill and enter the last gate on the left, Gate 7.** The Hogan Campus Center is the second building on the left with the large silver cross on it. **Visitor parking** is to the right of the Campus Center.

Linda Sanford, LICSW

Linda Sanford began working with survivors of sexual assault in 1973 and with children with sexual behavior problems in 1983. In the past twenty years, she has served as Clinical Director for an outpatient trauma clinic; a 40 bed staff-secure facility for teen boys convicted of crimes against people; a 16 bed long-term locked psychiatric unit for teen girls and most recently, a day school and residential treatment center for 95 latency-age children with profound learning differences, mental illness or attachment issues. She is the author of *Strong at the Broken Places* (1990, 2004) and *The Silent Children* (1980). She is a faculty member at the Simmons College Graduate School of Social Work. In 2002, Sanford received the Massachusetts Chapter of the National Association of Social Workers Award for Outstanding Contribution to Social Work Practicer.

Sandra Bloom, MD

Dr. Bloom is a Board Certified psychiatrist, graduate of Temple University School of Medicine and recently was awarded the Temple University School of Medicine Alumni Achievement Award. She is a Fellow of the College of Physicians of Philadelphia, and President of Community Works, an organizational consulting firm committed to the development of nonviolent environments. Dr. Bloom currently serves as a Distinguished Fellow of the Andrus Children's Center in Yonkers, NY. From 1980 – 2001, Dr. Bloom served as the Founder and Executive Director of the Sanctuary Programs, inpatient psychiatric treatment for trauma-related emotional disorders. Dr. Bloom is a Past-President for the International Society for Traumatic Stress Studies and the author of *Creating Sanctuary: Toward the Evolution of Sane Societies* and the co-author of *Bearing Witness: Violence and Collective Responsibility.*

John Briere, PhD

Dr. Briere is Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Director of the Psychological Trauma Program at Los Angeles County-USC Medical Center. He is past president of the International Society for Traumatic Stress Studies, and a Fellow of the American Psychological Association.

Dr. Briere is author of a number of books, articles, and chapters in the areas of child abuse, psychological trauma, and interpersonal violence, including *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment* (in press). Recent books include *Therapy for Adults Molested as Children: Beyond Survival, 2nd Edition; Child Abuse Trauma: Theory and Treatment of the Lasting Effects;* and *Psychological Assessment of Adult Post -traumatic States: Phenomenology, Diagnosis, and Measurement, 2nd edition.* Dr. Briere also has developed various psychological tests, including the Trauma Symptom Inventory, Trauma Symptom Checklist for Children, Inventory of Altered Self Capacities, Detailed Assessment of Post-traumatic Stress, and the Multiscale Dissociation Inventory.

Dr. Briere is recipient of the Robert S. Laufer Memorial Award for Outstanding Scientific Achievement from the International Society for Traumatic Stress Studies. He has been designated as Highly Cited Researcher (Behavioral Sciences) by the Institute for Scientific Information.

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Agenda

8:15	Registration	
9:00	Welcome	Maurice Boisvert, MA, LICSW, President & CEO of Y.O.U., Inc Marjorie E. Cahn, LICSW, EdD, Founder of Worcester Institute
9:15	Keynote Strong at All the Broken Places	**Linda Sanford, LICSW**
10:45	Break	
11:00	Keynote Treatment of Complex Psychological Trauma – The Self Trauma Model	**John Briere, PhD**
12:30	Lunch	
1:30	Keynote Developing Trauma Sensitive Cultures to Enhance Treatment for Children in Out of Home Care	**Sandra Bloom, MD**
3:00	Break	

3:15	Workshops	
A	Compassion Fatigue and the Art of Chronic Self Care	**Linda Sanford, LICSW**
B	Assessment of Complex Trauma	**John Briere, PhD**
C	The Sanctuary Model as a Systematic Model of Care	**Sandra Bloom, MD**
D	Children and Adolescents with Chronic and Life Threatening Illness: Adaptation and Coping	**Stanley Berman, PhD** Director, Institute for Clinical Health Psychology, Massachuse Professional Psychology, Boston, MA
E	Integrated Treatment for Trauma and Substance Abuse among Adolescents	**Liza Suarez, PhD** Adolescent Traumatic Stress and Substance Abuse Treatment Center, Boston University
F	The Role of Relaxation and Mental Imagery in the Management of Chronic Conditions in Children	**Martin Young, PhD** Associate Professor of Pediatrics, University of Massachuset Director of Developmental and Behavioral Consulting Progra Memorial Health Care

4:30 CLOSE

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Educational Objectives

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

- Identify and recognize the symptoms of Post Traumatic Stress Disorder
- Formulate treatment options for acute and chronic PTSD in children
- Examine the relationship between traumatic stress and substance use
- Nurture resiliency in victims who have experienced trauma
- Examine compassion fatigue in social workers and therapists working with trauma survivors

Continuing Education Credits

Social Workers

This program has been approved by in accordance with the regulations of the Board of Registration of Social Workers, 258 CMR 31.00. No participant attending less than 80% of a program will receive a certificate of attendance.

Licensed Mental Health Counselors

This program has been approved by MMCEP for 6 contact hours in Category 1.

Psychologists

Devereux's Institute of Clinical Training and Research (ICTR) isapproved by the American Psychological Association to sponsor continuingeducation for psychologists. ICTR maintains responsibility for this program. Participants attending the entire program and completing a program evaluation will receive six (6) continuing education credits.

Teachers

Y.O.U., Inc. is an approved provider of PDPs for teachers.

Nurses

This offering meets the requirements for up to 6 contact hours, as specified by the Massachusetts Board of Registration in Nursing 244 CMR 31.00. Each nurse should claim only those hours of credit that she/he actually spent in the educational activity.

All registration fees are non-refundable.

Registration Form

Deadline for Registration is September 20, 2006

Name _____

Agency _____

Address _____

City _____ State _____ Zip _____

E-mail address _____
Registration confirmations will only be sent by e-mail.

Telephone number _____

Special accommodations must be received by September 1, 2006.

Afternoon Workshop

A. Compassion Fatigue and the Art of Chronic Self Care

B. Assessment of Complex Trauma

C. The Sanctuary Model as a Systematic Model of Care

D. Children and Adolescents with Chronic and Life Threatening Illness: Adaptation and Coping

E Integrated Treatment for Trauma and Substance Abuse among Adolescents

F. The Role of Relaxation and Mental Imagery in the Management of Chronic Conditions in Children

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, before August 31, 2006	$ 140.00
Full Registration Fee, after September 1, 2006	$ 160.00
Table of eight	$ 1,000.00

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

For further information please contact Kathy Hammerstrom
508-849-5600 ext. 289
lossandtrauma@youinc.org

All registration fees are non-refundable.