Healing Trauma: The Resiliency of the Human Spirit
Registration Form

Please register quickly, as space is limited.

Division of Continuing Education and Professional Development
1000 Hempstead Avenue, PO Box 5002
Rockville Centre, NY 11571-5002

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
MOLLOY COLLEGE

Registration is limited. In-person registration the day of the conference is on a space available basis and cannot be guaranteed.

Refund Policy:
A full refund will be granted as long as you contact us by March 28. Refunds will not be granted after March 28; however, substitutions can be made until the day of the conference at no charge.

Registration Procedures:
Online registration is available at: the conference website at: www.molloy.edu/ce/sw
Phone your registration by calling 516-323-3550 with your Visa, Discover, MasterCard or purchase order information.
Fax your registration by completing the registration form with your Visa, MasterCard or purchase order information and calling 516-323-3560.
Mail-in your registration by completing the registration form with your Visa, Discover, MasterCard or purchase order information and include a check (made payable to: Molloy College) or your credit card information or purchase order to: Molloy College, Division of Continuing Education, 1000 Hempstead Ave., PO Box 5002, Rockville Centre, NY 11571-5002.

A confirmation, with directions to the campus and a campus map, will be sent upon receipt of your registration.

Registration information:
Name __________________________________________________________________________
Home Address _____________________________________________________________________
City ___________________________________________  State _____________    Zip ____________
Home Phone _________________________________  Work Phone _____________________________
Organization _________________________________________ Title __________________________
Fax ____________________________________ E-Mail  ___________________________________

Please check if you are a full-time student ___ If so, which school do you attend _____________________________

Payment Method:
____ Enclosed is my check or money order made payable to Molloy College    ____ Enclosed is a purchase order
____ Charge the tuition to my credit card ___ Visa ___ MC  ___Discover  # _______________________________
Exp. Date _________________ Name on the card ____________________________________________
Signature ____________________________________________________

Questions: If you should have any questions regarding registration, please call 516-323-3554 or email: lcino@molloy.edu.

The conference website address is: www.molloy.edu/ce/sw

Optional Afternoon Post-Conference Workshop
Working with Dysfunctional and Self-Injurious Behaviors in the Complex Trauma Survivor

John Briere, Ph.D.
1:00-4:00
Madison Theatre, Public Square, Rockville Centre Campus
1000 Hempstead Avenue | Rockville Centre, NY 11571

Sponsored by
Molloy College Department of Social Work and Fordham University Graduate School of Social Service Collaborative Program at Molloy College present:

Healing Trauma
The Resiliency of the Human Spirit
Friday, May 20, 2016
8:00 AM-1:00 PM
Keynote Speakers
John Briere, Ph.D.
Christine Courtois, Ph.D., ABPP

TUITION RATES: MORNING CONFERENCE
Early Registration through February 12, 2016 $65
Regular Registration, February 13-April 22 $75
Late Registration: April 23-May 19 $85
May 20 or at the door (if space is available) $95
Molloy and Fordham Students $15
Non-Molloy Students $25
Molloy Faculty and Staff (no registration at door, register by 5/13/16) No charge
Molloy and Fordham Alumni 10% discount
NASW Members, Molloy Supervisors and Fordham/Molloy Supervisors $55 until 5/12/16 and $65 until 6/2
 Nassau Chapter of the New York State Society for Clinical Social Workers $55 until 5/12/16 and $65 until 6/2

The post-conference workshop is only available to conference participants and includes lunch. The seating for the post-conference workshop will be limited to 60 participants or space register early!

TUITION RATE: POST-CONFERENCE WORKSHOP WITH DR. JOHN BRIERE
Registration $ 50

Please check one: ☐ I am registering for just the morning conference.
☐ I am registering for the morning conference and the post-conference workshop

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**Conference Agenda**

8:30 a.m. Registration and Continental Breakfast
8:30-8:45 a.m. Welcoming Remarks
9:00-11:00 a.m. John Briere, Ph.D.
11:00-11:15 a.m. Break
11:15-12:15 p.m. John Briere, Ph.D.
12:15-12:45 p.m. John Briere, Ph.D.
12:45-1:00 p.m. Lunch for those attending Post-Conference Workshop
2:00-4:00 p.m. Post-Conference Workshop

**Session Descriptions**

Session 1 8:45-10:00

**“Treating the Complexities of Complex Trauma: A Sequenced, Relationship Approach” Christine Courtois, Ph.D., ABPP**

Complex trauma is the result of repetitive and layered forms of trauma and childhood abuse, along with other forms of prolonged and repetitive trauma. The aftereffects are themselves complex and span the neurobiological, psychological, interpersonal, and spiritual. This presentation will provide an overview of aftereffects, with an emphasis on the neurobiological and dissociative. A sequenced treatment that extends beyond the treatment of posttraumatic symptoms will be described. It is founded first on safety, stabilization, emotional regulation, and skill-building. This is then followed by more trauma-focused strategies geared towards trauma processing, resolution, and integration that counters dissociation. The third phase of treatment is devoted to life management and posttraumatic growth. The treatment is founded on a solid and thorough relationship client and therapist to provide a container and a catalyst for therapeutic issues to be addressed. Interpersonal trauma continues to lead to spiritual and emotional issues as part of their treatment is recommended.

**Learning Objectives**

1. Be able to describe dimensions of complex trauma
2. Be able to describe the severe aftereffects of complex trauma.
3. Be able to outline the sequence of treatment of complex trauma
4. Be able to describe several spiritual aftereffects experienced by complex trauma victims.

Session 2 10:00-11:00

**“New Developments in the Treatment of Complex Trauma: Affect Regulation and Mindfulness Techniques” John Briere, Ph.D.**

When trauma involves child abuse and neglect, and when there have been multiple and prolonged traumas in adulthood, the outcome may involve not only posttraumatic stress, but also dysfunctional affect regulation, relational schema, affect dysregulation, and overdeveloped avoidance responses. This workshop outlines a general treatment approach to such complex trauma, moving beyond classic, single-trauma response modes to culturally sensitive and empowering interventions that include affect regulation skills development and the growing role of mindfulness techniques.

**Learning Objectives**

1. Be able to explain why affect regulation training is critically important for survivors of severe or complex trauma.
2. Be able to discuss the potential helpfulness of mindfulness interventions for psychological trauma.

Session 3 11:15-12:15

**“New Developments in the Treatment of Complex Trauma: Titrated Processing and the Pain Paradox” John Briere, Ph.D.”**

Dr. Briere will introduce ideas from his book-in-progress, suggesting that the solution to trauma symptoms and distress is not to avoid, numb, or suppress, but rather to carefully engage, accept, process, and even use painful material to change one’s relationship to one’s history and to maximize post traumatic growth and wisdom.

**Learning Objectives**

1. Be able to explain how to help clients process activated attachment-level schema in the context of the therapeutic relationship.
2. Be able to explain how titrated, client-directed exposure to traumatic memories assist clients in trauma treatment.
3. Be able to describe the Pain Paradox and its implications for modern trauma therapy.

Session 4 12:15-1:25

**“Posttraumatic Growth and Resilience: What Doesn’t Kill You Makes You Stronger” Christine A. Courtois, PhD, ABPP**

Posttraumatic growth and resilience have received a good deal of attention in recent years. While the negative consequences of trauma and life adversities are fully acknowledged, the process of traumatization and learning from distress and coping can lead to unexpected insights and rewards. Posttraumatic growth is understood as both a process and an outcome. It can include new purpose or appreciation for life, increased personal growth, improved relationships with others, and increased faith or spirituality. Resilience refers to strength and hardship and the ability to withstand or resist adversity. It involves a set of skills similar to flexibility and creativity. It may be related to an individual’s temperament but can also be taught. This presentation will provide an overview of these two important aspects of posttraumatic response and will also address ways that practitioners can protect against vicarious trauma, and instead foster vicarious resilience in themselves.

**Learning Objectives**

1. Be able to define post-traumatic growth.
2. Be able to identify factors that lead to post-traumatic growth in clients.
3. Be able to define vicarious trauma.
4. Be able to identify factors that protect against vicarious trauma.

**Post-Conference Workshop 1:00-4:00 (includes lunch from 1-2 p.m.)**

**“Working with Dysfunctional and Self-Injurious Behaviors in the Complex Trauma Survivor” John Briere, Ph.D.**

**This workshop is open only to conference registrants, there is an additional $50 charge, and it is limited to 60 participants.**

This workshop provides specific information on the treatment of childhood trauma survivors involved in self-injury, problematic sexual behavior, and other dysfunctional coping responses. A special focus of this training will be techniques that allow the survivor to understand, regulate, and problem-solve painful internal states that otherwise motivate seemingly “borderline” or “self-destructive” behavior. These techniques include mindful training, developing meta-cognitive awareness, using the RAIN algorithm, working with the trigger grid, mindful delay of tension reduction behaviors, and urge and emotion-surfing.

Lunch is included in this session and will take place from 1-2 p.m.

**Learning Objectives**

1. Be able to describe the self-trauma model as it relates to tension reduction behavior.
2. Be able to define “urge,” “urge dysregulation,” and “urge-surfing.
3. Be able to list two components of the trigger grid.
4. Be able to define metacognitive awareness.
5. Be able to list the components of RAIN.

**Co-Sponsors**

Thank you to our co-sponsors, the National Association of Social Workers, Nassau Division and the Nassau Chapter of the New York State Society for Clinical Social Workers. Members of these organizations will receive a $100 discount off the tuition (see tuition rates above). Please note one discount per person.

**Continuing Education Credits:**

**Social Work Continuing Education Credit**

Molloy College, through the Division of Continuing Education & Professional Development, offers coursework that meets Social Work CFE and is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers, approved #0110. This conference is approved for 4 contact hours, the post-conference workshop is approved for 2 contact hours.

**Nursing Continuing Education Credit**

Molloy College, Continuing Education Department, is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses’ Credentialing Center’s Commission on Accreditation. 4 contact hours for the conference will be awarded for participation. Two contact hours of the conference, 2 contact hours will be awarded for the post-conference workshop.

**Credentialed Alcohol and Substance Abuse Counselors (CASAC)**

Molloy College has applied to the New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS) for approval of this program for 4 clock hours and 2 clock hours for the post-conference workshop. Approval is pending in the following areas: Initial Credentialed CFP and CPS Renewal CASAC and CPS.

**Music Therapy Continuing Education Credit**

The Mental Health Conference is approved by the Certification Board for Music Therapists (CBMT) for 4 Continuing Music Therapy Education Credits. These credits are accepted by the New York Board of Professional Psychotherapists. CBMT’s 4 credits for the post-conference workshop.