



Advanced TF-CBT Conference and Annual Children's Behavioral Health Conference

Register Now for the Advanced TF-CBT Conference

It's time to register for the Advanced TF-CBT Conference. This one-day conference on Tuesday, May 10, 2016, at the Embassy Suites Norman Hotel and Conference Center will provide therapists with extended training in the application of Trauma Focused-Cognitive Behavioral Therapy (TF-CBT). It is designed for therapists who previously completed a two-day introductory TF-CBT training and are actively implementing the model in their therapeutic work. Various interactive workshops by multiple presenters will be offered. Participants will have the opportunity to select sessions meeting their specific therapeutic interests.

Advanced TF-CBT Training Prerequisites

The one-day TF-CBT training is designed for the following:

- Master's level therapist or higher
- Licensed or under licensure supervision
- Completion of TF-CBT Web
- Completion of 2-day Introductory TF-CBT training

And, Don't Miss the Chance to Also Register for the Annual Children's Behavioral Health Conference

This year we are combining the Advanced TF-CBT Conference with the 23rd Annual Children's Behavioral Health Conference (CBHC) scheduled for May 11-13, 2016, also at the Embassy Suites Norman Hotel and Conference Center. Individuals participating in the Tuesday TF-CBT event are also encouraged to register for the CBHC. Included as part of the larger conference are sessions specific to trauma and resiliency. All trauma staff levels are welcome to attend. Registration for each event is separate.

Advanced TF-CBT Registration Fee

TF-CBT therapists from ODMHSAS agencies with a child trauma and resilience contract are invited to attend at no cost. You will need to obtain the no-cost conference registration code from your agency clinical director/supervisor. For others, early bird cost is \$74.75 for those registering by April 11, 2016. Registration after April 11, 2016, is \$115. Please note that the early bird deduction is automatic at checkout. Advanced TF-CBT registration includes:

- 6.0 CEUs
- Conference Bag and Materials
- Continental Breakfast

23rd Annual Children's Behavioral Health Conference Registration Fee

The early-bird rate for CBHC registration is \$282.75 for the full three-day conference (or \$94.25 per day) until April 11, 2016. The regular rate of \$435 for the full conference (or \$145 per day) will apply for all registrations received after April 11, 2016. For therapists and staff providing services under agencies with a child trauma and resilience specific contract, please speak with your agency clinical director/supervisor about funds identified by contract for attendance. The cancellation policy states that refunds cannot be granted; however, another person can go in your place if you contact the ODMHSAS Training Institute at 405-522-8300.

How to Register for Each Event

The ODMHSAS Training Institute has converted all registrations for trainings and conferences to an electronic registration and database system called Xenegrade. With the registration system, each user will have a login that allows them to view and receive email notification of upcoming course offerings, register for trainings and conferences, view the classes they are registered for and look at transcriptions, see awarded CEUs and more! Please use the online links

to register and pay your registration fee. If you do not already have an account, you will be prompted to set one up before registering for the conference. Once in the system, you will add each day of the conference to your cart. You must register for each event (TF-CBT and CBHC) separately using two different online registration links. Your unique Xenegrade user login will remain the same for each registration.

[Click here](#) to access online registration for the Advanced TF-CBT Conference (May 10, 2016). All attendees are required to register online, even those eligible for no-cost attendance.

[Click here](#) to access online registration for the 23rd Annual Children’s Behavioral Health Conference, which includes sessions specific to trauma and resiliency (May 11-13, 2016)

All attendees must register using the online registration system. Contact the ODMHSAS Training Institute at 405-522-8300 with questions.

Accommodations

Each conference is being held at the Embassy Suites Norman Hotel and Conference Center located at 2501 Conference Drive in Norman, OK. Rooms have been blocked from May 9-13, 2016, and participants are responsible for making their own reservations. You can book online through the Embassy Suites website using the group code “BHC” where prompted. Guests may also make reservations by calling 1-866-577-1273 and asking for the group name “BHC” or “behavioral health conference.” The special rate of \$125 per night (plus tax) is only good through April 10, 2016! So, book early!!!

CBHC Continuing Education Credits

The CBHC offers 16.75 continuing education credit (CEU) hours approved through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Oklahoma Board of Licensed Alcohol and Drug Counselors, the Licensed Professional Counselors Committee, and the Licensed Marital and Family Therapist Committee. Check in at the registration desk upon arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, all participants must complete an evaluation to receive an attendance certificate. For more information, call ODMHSAS Training Institute at (405) 522-8300.

Presented by:



The Oklahoma Department of Mental Health
and Substance Abuse Services



University of Oklahoma HSC
Section on Developmental and Behavioral Pediatrics Child
Trauma Services Program

Co-Sponsors:



The Indian Country Child Trauma Center (ICCTC)

The ICCTC was established to develop trauma-related treatment protocols, outreach materials, and service delivery guidelines specifically designed for American Indian and Alaska Native children and their families. www.icctc.org



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2016 Advanced TF-CBT Conference Agenda

8:00 – 9:00	<i>Registration & Continental Breakfast</i>		
	Workshops: Trauma Narrative and Processing (Part 1)	Presenters	
	Level 1: For therapists who have completed 0-1 trauma narratives and want more grounding in the basics of conducting gradual exposure.	<i>Michael Gomez</i>	<i>Amanda Mitten</i>
9:00-10:30	Level 2: For therapists who have completed 2-3 trauma narratives and want to enhance skill in managing avoidance, facilitating the exposure process and integrating caregivers into narrative work.	<i>Elizabeth Risch</i>	<i>Saba Shahid</i>
	Level 3: For therapists who have completed 4 or more trauma narratives, feel grounded in the basics of gradual exposure and want to enhance their skill in tailoring the process for youth and caregivers.	<i>Roy Van Tassell</i>	<i>Susan Schmidt</i>
10:30-10:45	Break		
	Workshops: Trauma Narrative (Part 2)	Presenters	
	Level 1 – Cont'd	<i>Michael Gomez</i>	<i>Amanda Mitten</i>
10:45-12:00	Level 2 – Cont'd	<i>Elizabeth Risch</i>	<i>Saba Shahid</i>
	Level 3 – Cont'd	<i>Roy Van Tassell</i>	<i>Susan Schmidt</i>
12:00-1:00	Lunch		
	Individual Workshops	Presenters	
	Beyond Foreshortened Future: TF-CBT and High Risk Behaviors	<i>Roy Van Tassell</i>	<i>Michael Gomez</i>
1:00 -2:30	Tackling the 3 P's of Complex Trauma: TF-CBT to treat Personal, Prolonged, and Perpetuated Trauma.	<i>Elizabeth Risch</i>	<i>Melissa Bernstein</i>
	Adult Supervision Required: Supporting Therapist Growth in Implementing TF-CBT	<i>Susan Schmidt</i>	<i>Saba Shahid</i>
2:30-2:45	Break		
	Individual Workshops	Presenters	
	Oh, Parent Where Art Thou?: Engaging Caregivers in the TF-CBT Process	<i>Elizabeth Risch</i>	<i>Roy Van Tassell</i>
2:45-4:15	Don't DIS my Ability: Adapting PRACTICE for Youth with Developmental Disabilities	<i>Michael Gomez</i>	<i>Melissa Bernstein</i> <i>Paul Shawler</i>
	Right-Brain TF-CBT: Using Creativity to Personalize PRACTICE for Youth and Families	<i>Susan Schmidt</i>	<i>Saba Shahid</i>
4:15	Wrap-Up (Advanced TF-CBT Conference)		
4:15-5:00	Trauma Stewardship: Caring for Yourself while Caring for Others		

Advanced TF-CBT Presenters

Key presenters for the Advanced TF-CBT Conference include



Dr. Susan Schmidt, a licensed counseling psychologist, is an associate professor at the OUHSC Center on Child Abuse and Neglect. She has expertise in design, implementation and evaluation of clinical interventions in domestic violence, child trauma, adolescent illegal sexual behavior and child maltreatment. Schmidt is a member of the national trauma-focused cognitive-behavioral therapy (TF-CBT) trainer network. She currently serves as the director of the Child Trauma Services Program providing training and consultation regarding evidence-based assessment and treatment interventions for trauma-exposed children and families. Schmidt co-developed the TF-CBT enhancement for American Indian/Alaska Native children and families, Honoring Children-Mending the Circle, along with fellow CCAN faculty member Dr. Dolores Subia BigFoot.



Elizabeth Risch, Ph.D., is a clinical psychologist on faculty at the OUHSC Center on Child Abuse and Neglect. She graduated from the University of Tulsa clinical psychology doctoral program in 2008 and completed postdoctoral fellowships at OUHSC in both pediatric psychology and child maltreatment. Risch co-directs the statewide dissemination of TF-CBT in Oklahoma. She is a nationally recognized TF-CBT consultant and in the process of completing a program to be a nationally recognized trainer (expected May 2016). She also is co-director of the Child Trauma Services Program at CCAN, which provides assessment and treatment to families impacted by trauma. Through this program, she provides clinical services as well as supervision and didactics for graduate students. Risch also serves as clinical director of the OUHSC Child Study Center.



Roy Van Tassell, M.S., LPC, is a mental health professional in Tulsa, OK, and director for trauma and evidence-based interventions for Cenpatico Behavioral Health of Austin, TX, a managed behavioral health care company with services in 17 states. He provides nationwide training in trauma, assessment and evidenced-based interventions, as well as consultation to a range of clinical providers and has been a member of the SAMHSA-funded National Child Traumatic Stress Network since 2003. Tassell's professional background is diverse, having worked with all ages from children to seniors in multiple residential, inpatient, outpatient and partial hospital settings in addition to serving as clinical director for trauma services at Family & Children's Services. Tassell has training and practice in four evidenced-based trauma interventions. He provides local, state and national trainings and is one of currently 50 master trainers and consultants for TF-CBT. Tassell has provided TF-CBT training for mental health professionals in 18 states since 2005 and was a faculty member for eight national and state learning TF-CBT collaborative trainings. He continues to provide on-going clinical supervision, training and consultation for Family & Children's staff in Tulsa, in addition to consultation and training for ODMHSAS and the OKDHS.



Dr. Michael Gomez is the director of child and adolescent mental health and an assistant professor at Texas Tech University Health Sciences Center Pediatrics Department. He completed his doctoral work at the University of Kansas Clinical Child Psychology Program, and both his pre and post-doctoral fellowships in pediatric psychology at the University of Oklahoma Health Sciences Center (OUHSC). Gomez has provided training and consultation in assessment and treatment of children exposed to trauma since 2010. He is also a member of the OUHSC training team for treatment of problematic sexual behaviors (PSB) in adolescents. He is a Nationally Certified therapist in Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) as well as a Nationally Certified Consultant in TF-CBT, and has training in Parent-Child Interaction Therapy (PCIT) and treatment of problematic sexual behaviors (PSB) in adolescents. He is also in the current training cohort of Master Trainers for TF-CBT. In addition, he was the lead psychologist at the Jumpstart Clinic at the OUHSC, an assessment clinic for autism spectrum disorders and developmental disabilities.

Children's Behavioral Health Conference

Child Trauma and Resilience Sessions

The Children's Behavioral Health Conference will have sessions specific to child trauma and resiliency. For persons also registering to attend the CBHC, we recommend the following workshops:

Wednesday, May 11, 2016

Sessions 1-A, 2-A and 3-A

Treating Complex Trauma: Attachment, Regulation and Competency (ARC) and Introduction. Joe Spinazzola, Ph.D.

This three segment workshop will begin with examination of the complexity of adaptation to early-onset, chronic or recurrent childhood maltreatment, caregiving disruption and violence. This segment will emphasize the consequences of early life adversity on neurobiology, attachment and learning, with attention to risk and protective trajectories across development. The next segment will introduce the core components of complex trauma intervention with children and families. The final segment of this workshop will overview the ARC model of complex trauma intervention and its use with children, adolescents and families aged 2 to 21+. Highlights will feature ARC's emerging practice-evidence base in application across service settings (eg. residential/milieu, outpatient, schools, community/home-based); across client ages and developmental stages; and with ethnically and culturally diverse client populations (eg. Native-American/Native Alaskan children; youth in foster care and adoptive-placements; transitional aged youth and young adults). Open to all levels of staff: FSPs, PRSSs, CM, CC, Wellness Coaches, LMHPs, Administrators

Session 1-F

Coping With Traumatic Grief. Roy Van Tassell, M.S., LPC

Grief and loss is something we all experience as a part of life. But if responses are severe or prolonged, or the loss occurred in a sudden or shocking way, it may lead to ongoing difficulties that interfere with everyday life, and/or make it difficult to even experience positive memories. This is traumatic grief. Van Tassell's workshop will focus on identification, treatment, and resources for Childhood Traumatic Grief (CTG), along with how to address the impact in our own lives. Open to all levels of staff: FSPs, PRSSs, CM, CC, Wellness Coaches, LMHPs, Administrators

Sessions 2-F and 3-F

Ethical Dilemmas in Meeting Mental Care Needs. Part 1 and 2. Dewayne Moore, J.D. & Durand Crosby, J.D.

This presentation will provide an overview of boundary and other ethical issues encountered when delivering mental health services, as well as guidelines for solutions. This program focuses on ethical issues encountered in a variety of clinical situations, including psychotherapeutic relationships, confidentiality, and financial conflicts of interest

Thursday, May 12, 2016

Session 4-A

Trauma Sensitive Yoga (TSY). Alissa Catiis, LCSW, RYT

In this experiential workshop, clinicians will explore yoga tools effective for managing anxiety, depression, and post-traumatic stress that can be taught to children and youth. These tools include: breathing exercises, meditations, self-inquiry exercises, mudras (hand gestures), and mantras (sounds, words, or groups of words). This workshop will also include: An overview of trauma and its impacts on the brain and body; Principles of trauma-sensitive yoga and research that supports its efficacy; Yoga tools effective for managing mood and post-traumatic stress that can be used with children and adolescents. Open to all levels of staff: FSPs, PRSSs, BHCM, CC, Wellness Coaches, LBHPs, Administrators

Session 4-D

Helping Families Cope after a Suicide Attempt or Suicide Completion. Doug Grey, Ph.D.

As the psychiatric consultant for a decade in a children's hospital, Dr. Gray evaluated hundreds of adolescents who made serious suicide attempts. As a suicidologist, Gray's research required structured interviews done in the homes of the family of suicide completers. In addition, Gray volunteered time in his community to meet with groups of people ("survivors") trying to deal with the loss of a loved one by suicide. Gray will talk about why research is important, and what has been learned in a career of trying to work with people after a crisis or loss. More recently, Gray joined the Veteran's Administration part time to study veteran suicide. He assumed his background in child psychiatry would not apply in his VA work, until the VA announced it wanted to focus on projects to help families of veterans, but inclusive of all families in the community. He was asked to edit materials for parents covering "How to talk to a child about a suicide attempt in your family," which eventually led to the VA developing a video filmed by Tomorrow Pictures. Video clips will be shown and key points discussed. Gray will also give tips for how to help individuals/families after a completed suicide. He will also discuss preventing professional burnout when dealing with sad situations, and will be open to questions from the audience. At the end, he will mention future models for adolescent suicide prevention in the community. Open to all levels of staff: FSPs, PRSSs, BHCM, CC, Wellness Coaches, LBHPs, Administrators

Session 5-A

A Screening for Trauma: The Key to Being Trauma Informed. Lucy Berliner

Learning from children about their trauma experiences and the impact of the experiences is the essence of being trauma informed. Routine screening for trauma exposure creates the opportunity for validation and support; assessing for trauma specific impact is the method for determining whether children need trauma-specific services. The Child and Adolescent Screen for Trauma (CATS) is a checklist designed to accomplish both goals. This workshop will discuss how to screen and assess in a clinically meaningful way. Barriers and concerns about routine screening will be addressed. Levels of Staff: BHCM, LBHPs, Administrators

Session 6-A

A New Paradigm to Improve Outcomes for Families: Evidence Based Service Planning. Lucy Berliner

The APSAC Task Force Report on Evidence-based Service Planning presents an alternative approach to service planning. In this approach the emphasis is on a preference for evidence-based services when available, a focus on child maltreatment-specific concerns and needs, and an orientation toward the fewest obligatory services in order to reduce burden and increase successful outcome. This approach is contrasted with the current model of comprehensiveness, which is well-intentioned, but can overwhelm families and reduce successful permanency. This workshop will discuss the challenges and opportunities of taking this approach. Levels of Staff: BHCM, LBHPs, Administrators

Friday, May 13, 2016

Session 7-B

Best Practices to Assess and Treat Youth who are LGBTQ. Al Killen-Harvey, LCSW

It has been reported in several national research projects that gay and lesbian adolescents, and those adolescents who are questioning their sexual identity, are up to three times more likely to experience suicidal ideations. Additionally, the high school dropout rate and the incidence of homelessness and drug abuse/addiction for this population have been reported at three to four times that experienced in the general population. The primary goal of this workshop is to explore the high degree of risk of abuse faced by gay and lesbian adolescents. Due to a lack of information and visibility, this group of adolescents faces physical, sexual and emotional abuse at home, school and in society at large. The discussion will include an overview of the stages of sexual identity development and identification of the physical and emotional stressors experienced by this population. There will also be an exploration of the cultural and institutional dynamics that reinforce this abuse. Case examples and videotape interviews of gay and lesbian adolescents will be used to further illustrate the challenges faced by this population. A gay and lesbian adolescent bibliography along with a resource listing will be provided. Open to all levels of staff: FSPs, PRSSs, CM, CC, Wellness Coaches, LMHPs, Administrators

Session 8-B

Sexual Health: An Important Tool for Client Healing. Al Killen-Harvey, LCSW

This workshop will prepare professionals to have a sexual health conversation with children and adolescents who seek their services. Participants will have the opportunity to assess and expand their current comfort and willingness to address children, youth and caregiver sexual health worries or problems in their professional role. Attendees will learn practical sexual health tools such as suspending judgments, sexual health basic principles and sexual health terminology. Participants will practice skills to integrate sexual health conversations within their everyday professional relationships with youth. Open to all levels of staff: FSPs, PRSSs, CM, CC, Wellness Coaches, LMHPs, Administrators

CBHC Presenters

There are several outstanding conference presenters addressing child trauma and resiliency. These include:



Dr. Joe Spinazzola is the executive director of the Trauma Center and vice president of Behavioral Health and Trauma Services at Justice Resource Institute. Spinazzola is a member of the Forensic Panel, is an adjunct professor at Richmond Graduate University, and is a research professor of clinical practice at Suffolk University. In his 17th year with the Trauma Center, he remains actively involved with provision of direct services to individuals and providers, serving as a clinician, clinical supervisor, senior trainer, as associate director of the Trauma Center's Research Department, and as director of JRI's Institute of Research, Inquiry and Evaluation. Spinazzola is the director of the Complex Trauma Treatment Network of the SAMHSA-funded National Child Traumatic Stress Network, a national initiative to transform large regional and statewide systems of care, and is lead director of the Developmental Trauma Disorder National Field Trial. Additionally, he co-directs a Vision 21 grant through the federal Office for Victims of Crime to enhance and transform services for victims of trauma through curriculum development and national trainer-training for multidisciplinary providers including law enforcement, attorneys and victim advocates. Spinazzola specializes in the assessment, diagnosis, prevention and treatment of complex trauma in children and adults, and is the author of more than 40 peer-reviewed scholarly journal publications on traumatic stress and interpersonal victimization. Spinazzola holds particular interest in dissociative coping adaptations in survivors of chronic maltreatment and neglect and in the role of transformative action, play and improvisational theater in the recovery process. He is co-author of the forthcoming book: *Reaching Across the Abyss: Treating Adult Survivors of Childhood Emotional Abuse & Neglect*.



Roy Van Tassell, M.S., LPC, is a mental health professional in Tulsa, OK, and director for trauma and evidence-based interventions for Cenpatco Behavioral Health of Austin, TX, a managed behavioral health care company with services in 17 states. He provides nationwide training in trauma, assessment and evidenced-based interventions, as well as consultation to a range of clinical providers and has been a member of the SAMHSA-funded National Child Traumatic Stress Network since 2003. Tassell's professional background is diverse, having worked with all ages from children to seniors in multiple residential, inpatient, outpatient and partial hospital settings in addition to serving as clinical director for trauma services at Family & Children's Services. Tassell has training and practice in four evidenced-based trauma interventions. He provides local, state and national trainings and is one of currently 50 master trainers and consultants for TF-CBT. Tassell has provided TF-CBT training for mental health professionals in 18 states since 2005 and was a faculty member for eight national and state learning TF-CBT collaborative trainings. He continues to provide on-going clinical supervision, training and consultation for Family & Children's staff in Tulsa, in addition to consultation and training for ODMHSAS and the OKDHS.



Lucy Berliner, MSW, is director, Harborview Center for Sexual Assault and Traumatic Stress and a clinical associate professor at the University of Washington School of Social Work and Department of Psychiatry and Behavioral Sciences. Her activities include clinical practice with child and adult victims of trauma and crime; research on the impact of trauma and the effectiveness of clinical and societal interventions; and participation in local and national social policy initiatives to promote the interests of trauma and crime victims.



Al Killen-Harvey is the co-founder of The Harvey Institute, a training and consultation company whose mission is improving health care outcomes through integrating sexual health. For the past 21 years he has worked at the Chadwick Center for Children and Families at Rady Children's Hospital where he currently serves as the lead trainer on two federally funded grants designed to improve trauma informed care in child welfare and mental health systems across the United States. A licensed clinical social worker, he has worked for several decades in the field of trauma treatment. He is a past recipient of the San Diego County Child Abuse Coordinating Council's "Unsung Hero" Award for his work with children who have been abused and/or neglected. He serves as an adjunct faculty member at California State University, Long Beach as well as a faculty member of the San Diego Public Child Welfare Training Academy. Mr. Killen-Harvey is a frequent presenter, nationally and internationally, on a wide variety of topics related to children and adolescents as well as sexual identity and gender identity. He has served on the board of the California Professional Society on the Abuse of Children and is a consultant and trainer for UCLA's Rape Treatment Center in Santa Monica. He has served as an expert witness for the U.S. Army in several same-sex sexual assault cases and is currently the co-chairperson of the Cultural Consortium for the National Child Traumatic Stress Network and serves on their Policy Committee. He also is on the Clinical Advisory Board for the Trevor Project, a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth. He is the current president of the board of directors for Step Up Theater, a non-profit teen theater company in San Diego. Additionally he serves as a mentor with the Scholar Program of the Point Foundation that aims to empower promising LGBTQ students to achieve their full academic and leadership potential.



Douglas D. Gray, M.D., is a professor in the Division of Child and Adolescent Psychiatry at the University of Utah, and works part time with the Veteran's Administration. He is the director of training and education for the Department of Psychiatry at the University of Utah, and has spent much of his career focused on training and mentoring medical students and residents. Gray is a suicidologist and has been involved with Utah suicide prevention efforts for over two decades, including receiving numerous research awards and authoring several publications.



Alissa Catiis, LCSW, RYT, is a psychotherapist and yoga teacher who primarily works with trauma survivors. She draws on feminist relational, family systems and psychodynamic theory in her clinical work. Alissa also teaches trauma-sensitive yoga. She enjoys integrating art, literature, movement, and writing into her clinical work as a means of building relationships and exploring how life transitions and challenges lead us all toward rich, complex life journeys. Her clinical interests include working with people from diverse communities and marginalized populations. She understands that identifying as a trauma survivor can lead to additional marginalization in society. Currently, Alissa works at the Erie Teen Health Center in Chicago and Womenscare Counseling Center in Evanston, ILL. Alissa also has experience as a school social worker, medical social worker and geriatric case manager. She has additional training in yoga for mood management, children's yoga, trauma-sensitive yoga and prenatal yoga.