

MAY 1, 2015
WORKSHOP SESSIONS
11:00 AM – 12:45 PM
&
2:15 PM – 4:00 PM

A. Understanding Multigenerational Trauma and the Need for Trauma-Informed Care
Karen Johnson, MSW, LCSW, Director, Trauma-Informed Services, National Council for Behavioral Health, Washington, DC

Trauma is a near universal experience of individuals with behavioral health concerns. An individual's experience of trauma impacts every area of human functioning — physical, mental, behavioral, social, and spiritual. Unfortunately, trauma is often shrouded in secrecy and denial and can remain unresolved from one generation to the next. Children and families served in child welfare, juvenile justice and other child and family behavioral health settings often are presented with complex needs that can be tied to unresolved multi-generational trauma.

This workshop presents information about the prevalence and impact of trauma, focusing on multi-generational trauma and its effects on individuals, families and communities. The presentation provides an overview of evidence based trauma-informed interventions for working with children and families with complex needs, with a focus on practices that embrace the current research around child development and the brain, and interventions targeted at addressing multi-generational trauma. Finally, the workshop discusses the importance of implementing trauma-informed approaches within child and family serving organizations working to address multi-generational trauma.

B. Daddy's Girl: A Psychological Examination of the Father-Daughter Bond
Randolph Walters, Ph.D., Randolph Walters & Associates, LLC, St. Davids, PA
Author Randolph Walters will discuss his latest book *"Daddy's Girl: A Psychological Examination of the Father-Daughter Bond."* The father-daughter dyad, first alluded to in Freud's developmental theory, had received little specific attention in the psychoanalytic and research literature. Yet, according to object relations theory, children develop attachments to their fathers during their first years of life. A careful review of the literature suggests that father-daughter attachment is significant in the development of a daughter's object relations. The study examined the theoretical and empirical literature on attachment, object relations, and the father-daughter attachment. It hypothesized that the quality of the father-daughter attachment is positively associated with the strength of a daughter's object relations. It was expected that stronger father-daughter attachment would be associated with more positive daughter's self and object representations. Results support previous research that suggests some relationship between a daughter's attachment to her father and her

object relational dynamics. This workshop will discuss implications of these results for psychotherapy with women, and the clinical assessment of attachment and object relations.

C. Family As A Body-Healing the Wound of Terminal Illness

Wendell Scanterbury, M.Div; CMC., *Director, Pastoral Care, Cancer Treatment Centers of America, Philadelphia, PA*

Research underscores the need and insufficiency of support for the entire family unit when one member is diagnosed with a terminal illness. Several attachment challenges may surface or intensify, impacting the experience of meaning, purpose, and value. This workshop builds on systems theory in the context of faith to propose a framework for understanding the needs of the family unit and beginning to address those needs through a comprehensive support system.

Faith and meaning are always impacted by the experience of severe illness and its treatment. They factor into our interpersonal relationships, and can be strengthened or diminished through the experience of attachment. The ability to leverage these entities to enhance family bonds, shift dynamics, and consequently improve the experience of illness is the focus of the workshop. Challenges and opportunities will be highlighted.

D. Creating and Maintaining an Agency Culture that Supports Families and Youth as Equal Workforce Members

Byron Luke, *Senior Managing Director;* **Artheria Taggart,** *Parent;* and **Ashlie King-Bratton,** *Youth;* *Child and Family Focus, Inc., Southeastern, PA*

Pennsylvania has been implementing High Fidelity Wraparound (HFW) within the context of System of Care for 6 years. This workshop will explore how the relationships of having youth and family members as staff who have lived experience within the child serving systems requires not only changes within agency culture, but also within community and county level practice. The workshop will explore how Pennsylvania has been able to develop hiring practices, agency training and policy change to welcome youth and family members as professionals. This workshop will also explore the various system level changes that can be supported through the System of Care regarding the cultural change to have youth and families as equal members at the decision making tables.

The workshop will engage participants in a discussion with Family and Youth who have made the shift and an agency Program Director who has supported this approach since the beginning. You will hear how they have assessed their agency, worked with county level and community builders to support this concept and develop a truly supportive approach in hiring and supporting the roles. The provider staff will also discuss how state level support has helped to grow this concept statewide. This workshop will also explore the potential impact on agency policy and procedure, teamwork paradigms, and agency culture that may be present as an agency creates the Parent/Professional partnership found in the High Fidelity Wraparound Model.

E. Walking With the Community: Racial and Cultural Awareness

Yasser Payne, Ph.D., Associate Professor, Department of Black American Studies and
Darryl Chambers, M.A., Graduate Research Assistant, Center for Drug and Health
Studies, University of Delaware, Newark, DE

Walking With the Community is a racial sensitivity training designed to inform and equip community professionals about the culture of street identified Black and Brown populations involved with the criminal justice system. This workshop challenges dominant arguments by asserting *the streets* of Black and Brown America are in fact, resilient. Much of their illegal behavior can be attributed to a historical and present entrenchment in structural inequality. The workshop will tie the history of crime in the Black and Brown communities to contemporary accounts. This workshop will also focus on the relationship between law enforcement (and other authorities) and low-income Black and Brown communities. Further, the workshop will teach participants how to develop activities to constructively work with and reach street identified Black and Brown populations as well as strongly encourage participants how to educate other community professionals to work with and reach street identified Black and Brown populations of color caught up in the criminal justice system.

F. Pathways to Self-Discovery and Change: Criminal Conduct and Substance Treatment for Adolescents

Harvey Milkman, Ph.D., Department of Psychology, Metropolitan State University of
Denver, Denver, CO

This workshop explains the underlying principles for implementing a strength-based treatment curriculum designed to promote pro-social attitudes and healthy lifestyles among juvenile justice clients. The presentation demonstrates how relevant content and action-oriented exercises are specifically tailored to the interests, learning styles, risk factors and needs of teenagers with co-occurring substance abuse, criminal conduct and mental health problems.

Pathways to Self-Discovery and Change integrates state-of-the art principles from stages of change, motivational interviewing, cognitive-behavioral therapy, relapse prevention, and individualized treatment planning. The synthesis of state-of-the-art correctional and therapeutic strategies, results in higher levels of community safety and improved quality of life for juvenile justice clients. Visual schemas and action-oriented exercises are used throughout the presentation to illustrate how teenagers can be engaged in therapeutic activities conducive to critical thinking and moral development. Adolescent focused treatment approaches can be adapted for individual, family, and residential client populations.

G. The Cost of Caring: Practical Ways for Clinicians to Engage in Self-Care Integrating Mind, Body and Soul

David Janvier, MA, LPC, CST, *Janvier Counseling & Associates, LLC, Wexford, PA*

Therapists/Clinicians are notorious for overlooking their own well-being. Whether you call it compassion fatigue, vicarious trauma, or secondary trauma - the impact is real. Regardless of your years of experience, skill level, or practice specialty, you are not immune to the impact of care-giving. Wellness is a critical factor in being an effective therapist. This workshop will provide participants with practical methods in order to prevent impairment, identify the signs that you've been impacted, what to do if you have been impacted by trauma and how to recover. The process will address the Clinician holistically: integrating mind, body and soul.