

Trauma-Focused Cognitive Behavioral Therapy for Traumatized Children and Their Families

*Thursday and Friday, March 7 & 8, 2019
George J. Magovern, MD Auditorium
Allegheny General Hospital
Pittsburgh, Pennsylvania*



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Conference Co-Directors

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Conference Overview

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), developed by Judith Cohen, Anthony Mannarino, and Esther Deblinger, is an empirically supported treatment for children and families exposed to traumatic life events. This two-day training will provide an intensive review of all of the TF-CBT treatment components, with a specific focus on clinical implementation strategies.

The information presented in this CE offering reflects the opinion of the presenter. As with all science, there may be multiple explanations for the data and multiple reasonable conclusions.

Grievance Procedure

Allegheny General Hospital is committed to providing educational services without regard to age, gender, religion, culture, ethnicity, or physical limitations. If you feel that any Continuing Education presentation fails to meet these standards, there are multiple routes to express and address your concerns: You can verbally notify the on-site Continuing Education staff regarding your concerns. If you do not receive a response to your satisfaction, you can contact the Manager for Continuing Education by telephone at (412) 359-4952.

Disclosure of Significant Relationships with Relevant Commercial Companies

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which in the context of their presentation(s), could be perceived as a real or apparent conflict of interest, (e.g., ownership of stock, honorarium, or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s).

Intended Audience and Conference Objectives

This conference is intended for mental health professionals, including psychiatrists, psychologists, social workers, licensed counselors, and licensed nurses.

At the conclusion of this conference, participants should be able to:

- Discuss the empirical support for TF-CBT
- Describe the problems addressed by TF-CBT and the core values of this treatment model
- Recognize the importance of parents/caretakers as part of the TF-CBT treatment model
- Describe relaxation skills, affective modulation, and cognitive coping as ways to enhance self-regulation
- Relate the importance of the trauma narration and cognitive processing of the trauma in TF-CBT
- Discuss the role of safety education and safety planning in the TF-CBT mode

Accreditation

AMA PRA Category 1 Credit™

Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Allegheny General Hospital designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Greater Pittsburgh Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Greater Pittsburgh Psychological Association maintains responsibility for this program and its content.

CE for Psychologists

Approved for 12.0 credits by the Greater Pittsburgh Psychological Association.

CE for Social Workers

Social Workers may claim credits for attending educational courses and programs delivered by pre-approved providers, such as the American Psychological Association (refer to CE for Psychologists above). For verification, please refer to Continuing Education Regulations § 47.36 #6) (ix) found at www.dos.state.pa.us/social. Certificates of attendance will be awarded following the conference provided a completed evaluation form is submitted.

Thursday, March 7, 2019

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| 8:00 am | Registration and Breakfast |
| 9:00 am | Introduction and Background: Overview of Evidence Base and underlying principles of TF-CBT |
| 10:30 am | Break |
| 10:45 am | Psychoeducation and Parenting skills |
| 12:00 pm | Lunch-2nd Floor Magovern Conference Center |
| 1:00 pm | Relaxation, Affective Regulation, and Cognitive Processing (Part 1) |
| 2:30 pm | Break |
| 2:45 pm | Relaxation, Affective Regulation, and Cognitive Processing (Part 2) |

Friday, March 8, 2019

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| 8:00 am | Registration and Breakfast |
| 9:00 am | Trauma Narration (Part 1) |
| 10:30 am | Break |
| 10:45 am | Traumation Narration (Part 2) |
| 12:00 pm | Lunch-2nd Floor Magovern Conference Center |
| 1:00 pm | Cognitive processing of Trauma Narration and In Vivo Desentization |
| 2:30 pm | Break |
| 2:45 pm | Conjoint Sessions and Enhancing Safety |
| 4:00 pm | Adjournment |

Training Prerequisite

Participants are required to complete the online training course "TF-CBT Web2.0" available at <https://fcbt2.musc.edu> prior to attending the in-person training. Participants **must** bring their certificate of completion for the web-based course to the March 7-8 training.

Conference location, Accommodations, and Parking

George J. Magovern, MD Auditorium
Allegheny General Hospital
320 East North Avenue
Pittsburgh, Pennsylvania 15212-4772

Parking

Parking is available at the James Street Garage for a discounted rate of \$5.00

Hotel Accommodations

We have reserved a block of rooms at the **Residence Inn Pittsburgh North Shore** located at 574 West General Robinson Street, Pittsburgh, PA 15212

The room rate is \$134.00 + tax; \$27 for self parking. To make phone reservations, please call 412-321-2099

Airport

Pittsburgh Intl Airport - PIT
1 (412) 472-3525

Refund Policy

A refund of the registration fee, less a \$15.00 processing fee, will be made when a written request or a telephone request followed by a written confirmation is received by March 1, 2019. After this date, refunds will not be made. Fees will not be refunded for failure to attend.

Allegheny General Hospital reserves the right to cancel or postpone any conference because of unforeseen circumstances or insufficient enrollment. In the event of such cancellation, full tuition will be refunded.

Registration Information

The registration fee includes conference materials, CE credits and continental breakfast, break, refreshments and lunch both days.

Fee: \$250
Deadline: March 1, 2019

After this date, registrations will be taken on a space available basis.)

To Register: To register online, please visit our Web site at www.aghcme.org; select Conference Schedule from the left menu and scroll down to locate the conference.

Additional Information

For additional questions concerning the conference, please contact the Continuing Medical Education office by e-mail: bernice.sulkowski@ahn.org or by calling (412) 359-4952.

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www.aghcmce.org