

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

*Thursday and Friday, March 30 -31, 2023*

*George J. Magovern, MD Auditorium*

*Allegheny General Hospital, Pittsburgh, PA*



**Allegheny**  
Health Network

## **SPONSORED BY**

Psychiatry and Behavioral Health Institute  
Allegheny Health Network  
Pittsburgh, Pennsylvania

## Conference Director

### Anthony P. Mannarino, PhD

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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.

## 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, honorariums, 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).*

*Dr. Anthony Mannarino discloses Grant/Research Support from SAMHSA, Other financial support from Guilford and Oxford*

## 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

*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 12.0 AMA PRA Category 1 Credit Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

## CE for Psychologists

*Allegheny Health Network is approved by the American Psychological Association to offer continuing education for psychologists. Allegheny Health Network maintains responsibility for the program and its content."*

## CE for Social Workers

*Allegheny Network is an approved provider for APA credits for Psychologists. This conference is approved for 12.0 APA credits. 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](http://www.dos.state.pa.us/social).*

## Thursday, March 30, 2023

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-4:00 pm

Relaxation, Affective Regulation, and Cognitive Processing (Part 2)

## Friday, March 31, 2023

8:00 am

**Registration and Breakfast**

9:00 am

Trauma Narration (Part 1)

10:30 am

**Break**

10:45 am

Traumatization Narration (Part 2)

12:00 pm

**Lunch-2nd Floor Magovern Conference Center**

1:00 pm

Cognitive processing of Trauma Narration and In Vivo Desensitization

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://tfcbt2.musc.edu> prior to attending the in-person training. Participants **must** bring their certificate of completion for the web-based course to the March 30-31st 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 and Airport

There are hotels located near the North Shore for reserving your rooms. Please contact the Residence Inn, Springhill Suites, and the Holiday Inn Express for rates. Pittsburgh Intl Airport - PIT 1 (412) 472-3525

## Refund Policy

Eligibility for a registrant refund is based on the following criteria. Please note, all registrants must email [CME department](#) within the specified time frames to be eligible for a refund. To receive a full refund, registrants must provide written notification to the CME department no sooner than 30 days of activity start date. Registrants that notify the CME department within 14-29 days prior to activity will receive a 50% refund.

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 25, 2023

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

To Register: To register online, click [TFCBT 2023](#) Or please visit our Web site at [www.aghcme.org](http://www.aghcme.org); select Conference Schedule from the left menu and scroll down to locate the conference. Any questions please contact [bernice.sulkowski@ahn.org](mailto:bernice.sulkowski@ahn.org)