



COMMON SENSE PRINCIPLES FOR WORKING WITH CHILDREN WHO HAVE EXPERIENCED TRAUMA

January 18, 2018

The Education Center at Eastern AHEC
2600 W. Arlington Blvd.
Greenville, NC

About the Workshop

All children experience trauma in some form or other and deal with it in their own way. Many children do so in a manner that the adults in their lives are not aware of the traumatic stresses that they endure. Other children react to trauma in more overt behavior that causes conflicts with parents, teachers, and other caregivers. Adults working with children who have experienced trauma, whether internalized or overt, often find themselves struggling to address powerful swings in emotion, dissociation, behavior outbursts, withdrawal, numbness and impenetrable avoidance. Common causes of childhood trauma will be described and skills will be introduced in this workshop that will help professionals and families deal with children experiencing the above characteristics, reduce trauma effects, and restore healthy development.

Objectives

Upon completion of this workshop, participants should increase their ability to effectively care for clients by being able to:

- **Identify** causes of childhood trauma and its potential effects
- **Recognize** the basic needs all children require for healthy development and how to provide these needs for children who have experienced trauma
- **Describe** unhealthy patterns for dealing with childhood trauma
- **Use** techniques and activities that can remediate the effects of childhood trauma both in children and adults in their lives; as well as implement these skills in their daily practice.

Target Audience

- All mental health professionals and school personnel working with children and families
- Licensed professional counselors
- Social workers
- Marriage and family therapists
- Teachers
- Integrated care professionals
- Child development specialists
- Other healthcare professionals
- Parents

About the Faculty

Edward Mel Markowski, PhD, LMFT, is a professor emeritus at East Carolina University Marriage and Family Therapy Program, a former adjunct professor in the Department of Family Practice at the Brody School of Medicine, a J. William Fulbright Scholar, a diplomat in the North American Society of Adlerian Psychology, and past chair of the NC Marriage and Family Therapy Licensing Board. He received his MS in Psychology at East Tennessee State University, and a PhD in Marriage and Family Therapy at Florida State University. Additionally, he has a long history of international, national, state and local workshop presentations.

Agenda

- 8:30 a.m. REGISTRATION
- 9:00 a.m. **Introduction**
- 9:30 a.m. **Basic Causes and Types of Childhood Trauma Recognizing Overt and Internalized Trauma**
- 10:30 a.m. BREAK
- 10:45 a.m. **Common Mistakes Made while Working with Children Who Have Experienced Trauma**
- 12:00 p.m. LUNCH (on your own)
- 1:15 p.m. **Basic Principles for Working with Children Who Have Experienced Trauma**
- 2:45 p.m. BREAK
- 3:00 p.m. **Principles and Tactics for Remediating Effects of Childhood Trauma**
- 4:45 p.m. ADJOURNMENT

Handouts & Evaluations

You will receive handouts for this workshop in your confirmation email. Please be sure we have your correct email so that you will receive the handouts. Please be sure to print your handouts prior to the event and bring them to the workshop, as there will be none available at the event. The program evaluation will be sent within 5 business days following the program to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

Americans with Disabilities Act



Individuals requesting accommodations under the Americans with Disabilities Act(ADA), should contact the ECU Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

Program Location

This program is being held at the Eastern Area Health Education Center located at 2600 W. Arlington Blvd., Greenville, NC.
http://eahec.ecu.edu/ns/map_directions.cfm

If you would like more information on the program, please call Mental Health Education at **(252) 744-5228**.

PLEASE BRING A SWEATER OR JACKET TO ENSURE YOUR COMFORT.

Credit

Category A-NC Psychology Credit

This program will provide 6.0 contact hours of (Category A) continuing education for North Carolina psychologists.
No partial credit will be given.

Contact Hours

Certificates reflecting 6.0 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Substance Abuse Counselor Certification (SAC)

Application has been made to the North Carolina Substance Abuse Professional Practice Board for 6.0 hours of Substance Abuse General Skill Building hours.

Public School Personnel Renewal Credit (PSPR)

Certificates reflecting 6.0 contact hours of education will be awarded at the completion of the program.

Registration Information

Register online at www.easternahec.net.

Received **by** January 11. \$80.00
Received **after** January 11. \$105.00

The registration fee includes program materials, refreshments, and credit.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or video, I understand that it is my responsibility to notify Eastern AHEC staff so my preferences can be met.

Eastern AHEC Cancellation Policy

- To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity.
- No refunds will be given for cancellations less than one week prior to the activity.
- For continuing professional development activities canceled more than one week prior to the activity:
- A \$35.00 fee will be deducted from the refund, OR
- The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year
- Substitutions are welcome; advance notification encouraged.