

# Treatment of Complex Trauma in Children and Their Families: An Integrative Approach

Thursday, February 22, 2018 ♦ 9:00am – 3:00pm ♦ California State University Los Angeles

**Course Overview:** This workshop describes the evidence-based treatment model, *Integrative Treatment of Complex Trauma for Children (ITCT-C)* focusing on play/expressive therapy for trauma and relational/attachment processing, and mindfulness techniques for affect regulation. Treatment interventions for complex trauma in children often overlook the integration of interventions for both children and their caretakers to address not only the multiple trauma exposures but also the relational/attachment history and current attachment issues that contribute to the impact of complex trauma exposures. This workshop will present interventions for six to twelve year olds, included in the recently published book by Drs. Cheryl Lanktree and John Briere, *Treating Complex Trauma in Children and their Families: An Integrative Approach* based on their evidence-based treatment model, *Integrative Treatment of Complex Trauma for Children (ITCT-C)* that allows for the customization of treatment based on the needs of the child and his/her family. These interventions will focus on three related components of ITCT-C: Relational/Attachment Processing and Cognitive/Emotional Processing using play and expressive therapy activities, and Affect Regulation/Distress Reduction using mindfulness and play/expressive techniques. Specific interventions for child clients and their caretakers will be highlighted with particular emphasis on cultural factors and ways to provide systemic support for families with limited resources. This workshop will also include a discussion of supervision and self-care strategies for clinicians confronting the particular challenges of working with children and families experiencing complex trauma.

## **This training is designed for practicing clinicians and graduate students:**

1. Identify two core components of Integrative Treatment of Complex Trauma for Children (ITCT-C).
2. Describe interventions of ITCT-C that focus on trauma and attachment/relational processing with traumatized children aged six to twelve years.
3. List at least three ways that interventions with caretakers can enhance attachment relationships with their traumatized children and trauma processing.
4. Identify three ITCT-C interventions to increase affect regulation skills in traumatized children, including the use of mindfulness-based techniques.

**Presenter Overview:** Cheryl Lanktree, Ph.D., is a licensed Clinical Psychologist in private practice and Research Assistant Professor of Psychiatry, Department of Psychiatry and Behavioral Sciences, Keck School of Medicine at the University of Southern California. She is Project Director and Co-PI of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network and co-developer of *Integrative Treatment of Complex Trauma (ITCT)*. Dr. Lanktree has published numerous papers on the assessment and treatment of child trauma, including research providing the evidence base for ITCT, and has trained extensively on the treatment of complex trauma in children and adolescents throughout the world. Dr. Lanktree's website is: [www.cblanktree.com](http://www.cblanktree.com).



**REGISTER NOW!**

## **AGENDA**

### **8:30AM – 9:00AM**

- Registration

### **9:00AM – 12:00PM**

- Introduction & Overview
- Techniques and activities to assist in processing trauma in children
- Cultural factors
- Providing systemic support for families

### **12:00PM – 1:00PM**

- Lunch

### **1:00PM – 2:30PM**

- Techniques & activities (cont'd)
- Self-care for clinicians serving clients with complex trauma

### **2:30PM – 3:00PM**

- Q&A
- Wrap-Up

## **REGISTRATION FEES\*:**

**\$30:** CAPSAC Members & Grad Students  
**\$45:** Non-Members  
**\$50:** At-the-door

\*Coffee, Continental Breakfast, Box Lunch  
Included / Parking permits may also be purchased  
in advance for a fee. E-mail  
[byorker@calstatela.edu](mailto:byorker@calstatela.edu) for more info.

**Please make check payable to  
CAPSAC and mail to:**

CAPSAC Treasurer:  
Beatrice Schumacher  
1485 Linda Vista Ave.  
Pasadena, CA 91103



## **CONTINUING EDUCATION:**

Course meets qualifications for 5  
hours of continuing education  
credit for LMFTs and LCSWs as  
required by the California Board of  
Behavioral Sciences  
(Provider #128510\*).

If you are interested in continuing  
education, please apply and pay for  
credit at the training. Check  
payments accepted; payable to  
CIR.

\*CEUS provided by the Center for  
Innovation and Resources, Inc.

Individuals with disabilities who require accommodations to participate in this training should contact Beatrice at [byorker@calstatela.edu](mailto:byorker@calstatela.edu).  
Requests must be received by February 16, 2018. For more information, questions, or grievances, please contact Bea at the  
e-mail address above.