

Trauma Focused Cognitive Behavioural Therapy Training



Trainer:
Dr Rochelle
F. Hanson

Stand Children's Services is offering limited places for professionals wishing to complete a Trauma-Focused Cognitive Behavioural Therapy (TF-CBT) training course for Traumatised Children and Their Families. Training will be offered in Tauranga (10-11th March, 2017) and Christchurch (20-21st March 2017).

TF-CBT is an evidence-based approach shown to help children, adolescents and their parents/caregivers overcome trauma-related difficulties. It is designed to reduce negative emotional and behavioural responses following childhood sexual abuse, domestic violence, traumatic loss and other traumatic events.

TF-CBT also helps parents who are not abusive to cope effectively with their own emotional distress and develop skills that support their children.

Trainer

Dr Rochelle F. Hanson is a Professor at the National Crime Victims Research and Treatment Center, Department of Psychiatry and Behavioural Sciences, Medical University of South Carolina, Charleston, USA. She is a Licensed Clinical Psychologist specializing in the treatment of trauma among youth and adults. She is a national TFCBT Train-the-Trainer and continues to conduct TF-CBT trainings throughout the USA. Dr Hanson has also led several research and services grants targeting training, evaluation, and dissemination of evidence-based treatment, funded by NIMH, SAMHSA, Office for Victims of Crime, and the Duke Endowment.

Intended Audience

This training is specifically intended for counsellors, psychologists, social workers and mental health professionals, including psychiatrists and nurses working in the field.

Course Objectives

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 and feeling identification and expression as ways to enhance affective regulation
- Relate the importance of the trauma narrative and cognitive processing of the trauma in TF-CBT
- Discuss the role of safety education and safety planning in the TF-CBT model.
- Bring TF-CBT into their own practice with children and families.

TAURANGA

10-11

MARCH 2017

CHRISTCHURCH

20-21

MARCH 2017

TWO DAY TRAINING \$420.00 INCL. GST

SPACE LIMITED TO 50 PARTICIPANTS

REGISTRATIONS CLOSE 17 FEBRUARY 2017

Training Package Overview

TF-CBT, developed by Drs. Judith Cohen, Anthony Mannarino, and Esther Deblinger, is an empirically supported treatment for children and families exposed to traumatic life events. This training is designed to teach participants how to deliver TF-CBT with fidelity and to sustain practice over time.

Prior to the in-person training, participants are required to complete a free TF-CBT online training course that provides an overview of TF-CBT. The 2-day training provided by Dr Hanson will cover an intensive review of all of the TF-CBT treatment components, with a specific focus on clinical implementation strategies. Training emphasizes learning activities based on adult learning principles, uses active participatory learning methods, and is designed for immediate application in daily therapeutic work. On-line supervision with TF-CBT Trainers can be negotiated following the TF-CBT training programme for a cost. This period of coaching following initial training has been demonstrated as a critical component for sustained delivery of TF-CBT with fidelity.

For additional questions concerning the training, please contact:

Les.Simmonds@standforchildren.org.nz / 027 248 6875 or
Cathy.Woods@standforchildren.org.nz / 04 472 0101

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