

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

***VIRTUAL***

*Wednesday, Thursday and Friday, October 14, 15 & 16, 2020  
9:00 am- 1:00 pm*



**AHN**

Sponsored By  
Psychiatry and Behavioral Health Institute  
Allegheny Health Network  
Pittsburgh, Pennsylvania

### Conference Co-Directors

Anthony P. Mannarino, PhD  
Professor of Psychiatry  
Drexel University College of Medicine  
Vice Chair, Department of Psychiatry Director, Center  
for Traumatic Stress in Children and Adolescents  
Allegheny General Hospital  
Pittsburgh, Pennsylvania

Judith Cohen, MD  
Professor of Psychiatry  
Drexel University College of Medicine Department of Psychiatry  
Medical Director, Center for Traumatic Stress in  
Children and Adolescents  
Allegheny General Hospital Pittsburgh, Pennsylvania

### 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, 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). Judith Cohen, MD discloses Grant/Research Support from SAMHSA, NIMH, NICHD Other financial support: Royalties from Guilford Press, Oxford Press and Up-To-Date

Anthony Mannarino PhD discloses Grant/Research Support from SAMHSA royalties from Guilford Press and Oxford Press

## 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.*

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).*

## Grievance Procedure

Allegheny Health Network 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) 330-2658.

## Agenda

### Day 1- October 14, 2020

- 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**      *Relaxation, Affective Regulation, and Cognitive Processing (Part 1)*
- 1:00 pm**      **Adjournment**

### Day 2- October 15, 2020

- 9:00am**      *Relaxation, Affective Regulation, and Cognitive Processing (Part 2)*
- 10:00am**      *Trauma Narration (Part 1)*
- 10:30am**      **Break**
- 10:45**      *Trauma Narration (Part 1 cont'd)*
- 12:00pm**      *Trauma Narration (Part 2)*
- 1:00pm**      **Adjournment**

### Day 3- October 16, 2020

- 9:00 am**      *Cognitive processing of Trauma Narration*
- 10:00am**      *In Vivo Mastery*
- 10:30am**      **Break**
- 10:45am**      *Conjoint Sessions*
- 12:00pm**      *Enhancing Safety and Future Development*
- 1:00pm**      **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 virtual training. Participants must send their certificate of completion for the web-based course prior to the virtual training

## Registration Information

Fee: \$200

Deadline: October 7, 2020

To Register: To register online, please visit our Web site at <https://cme.ahn.org/>

### Additional Information

For additional questions concerning the conference, please contact the Continuing Medical Education department at [bernice.sulkowski@ahn.org](mailto:bernice.sulkowski@ahn.org)

### AHN/HIGHMARK EMPLOYEE

Create account: select "AHN/Highmark Employee Login" at the top of the homepage and enter network email and password

- > Once you are logged-in, select "My Account" at the top of the homepage and complete profile
- > Click on Courses tab
- > Scroll to 7th Annual Trauma Symposium
- > Click on Register tab, Select Fee, Add to Cart, and Checkout

### NON-AHN/HIGHMARK

- > Create account: select "Register" at the top of the page
- > Create username, password, complete all required fields, and select "Create New Account"
- > Click on Courses tab
- > Scroll to Trauma Focused Cognitive Behavioral Therapy for Traumatized Children and Families
- > Click on Register tab, Select Fee, Add to Cart, and Checkout