

I am pleased to announce a tentative schedule of trainings and activities sponsored by the New Mexico Alliance for Child Traumatic Stress (NMACTS). Please forward this email to others who may be interested in trainings offered through NMACTS. We are an alumnae member of National Child Traumatic Stress Network. These trainings will issue **free CEU's** for counselors and social workers. These will be offered this calendar year 2007. We thank the ALH Foundation and Con Alma for providing financial support for these trainings, New Mexico Alliance volunteers, willing trainers and to those community agencies offering training space. These will be offered for **no cost** to the community. The focus of the trainings is Child Traumatic Stress.

WE ARE ALSO ATTEMPTING TO UPDATE OUR EMAIL LIST. If you wish to be removed from or added to the New Mexico Alliance for Child Traumatic Stress(NMACTS) email list, or if you have a correction to be made please notify me at Bodnarjulianne@yahoo.com (or 670-4954). We want as many as possible to learn about this opportunity and we hope agencies will inform their employees so that they can take advantage of the free CEU's for licensing. Please help us spread the word and forward this email to your contacts.

Due to the fact that we need to arrange for space that has an anticipated appropriate capacity for each training, we ask that you pre-register your intention to attend the proposed workshops. We want to be able to accommodate as many as possible who are interested. I am indicating a **firm commitment of date, time and place in bold** and a *tentative commitment of date, time and place for a workshop in italics*.

This is the list of upcoming trainings offered by the New Mexico Alliance for Child Traumatic Stress. You will soon receive a more complete description of each.

- 1. February 27, Noon - 1PM at Su Vida in Santa Fe. UCLA Trauma Assessment Screening Tool (Carol Fitzpatrick, PhD)**
- 2. April 4, 10 AM – 12 Noon – Update on current prescription drugs commonly used with children (William F. Johnson, M.D.)**
3. April 25 and 26th – EQUAD CONFERENCE (New Mexico Conference On Child/Adolescent Trauma in Community & Domestic Violence) at The Scottish Rite Temple. This is a collaborative effort with law enforcement and community agencies *Note: not actually sponsored by NMACTS – we are one of the collaborators, and will keep you informed. There may be a fee for this conference.*
4. *May 9th, 9AM -Noon - Reflective Supervision (Deborah Harris)*
- 5. June 13th, 10 AM- Noon - “Is Every Mood Swing Bipolar?” Overview of Diagnostic Issues in Child Mental Health (William F. Johnson, M.D.)**

6. **July 18th –(Wed) 10 AM – Noon Thinking Outside the Box: “Using Trauma First Aide to Enhance Creativity in Treating Trauma with Families” (M. Laurie Leitch, LISW, PhD)**
7. **August 28th, (Tuesday) 10AM- noon - “Restoring Centerpoint” (Beverly Kune, MA, ND, LMT, LPCC)**
8. *September (date and time TBD) “Tending to the Helpers Fire” Amber Elizabeth Grey. LPCC (Tentative)*
9. *October (date and time TBD) “ Experiential Activities for Working with CTS” Amber Grey, LPCC (Tentative)*
10. *November (date and time TBD) Creating a ” Toolkit” Robin Wiley, LPCC, LISW, LADAC, CISW*

OTHER: The following may be scheduled at the convenience of groups who want to arrange for additional trainings. Contact Julianne Bodnar, if interested.

Train the trainers: “Quick Screen” Trauma Screening Tool, developed by the New Mexico Alliance for Child Traumatic Stress.

UCLA Trauma Screening tool, developed by the National Alliance for Child Traumatic Stress.

I also want you to know that Chandra Ghosh-Ippen, PhD will be doing a free community workshop on diversity and childhood trauma, through the ECMH Training Institute. The workshop will run from 8:30-12 on Friday Feb 16. You can go to the Las Cumbres website, lascumbres-nm.org for registration information. It will be at the ST. Vincent Hosp conference room, near the cafeteria. SPACE IS LIMITED.

Please indicate interest in the workshops and return ASAP to
Bodnarjulianne@yahoo.com

Name: _____ email: _____ phone: _____

Anything else you want us to know?

If I attend, I would like CEU's in counseling or social work. Yes or no?

Workshop #	Not likely to attend	Likely to attend	May attend if date or time were different	Wouldn't attend regardless of time and date
#1 Trauma screen				
#2 Medications				
#3 EQUAD				
#4 Supervision				
#5 Diagnosis				
#6 Trauma 1 st Aide				
#7 Centerpoint				
#8 Play				
#9 Toolkit				
#10 Experiential Activities				
Suggestions for other workshops				

Following is an incomplete list of Workshop Descriptions:

Update on current prescription drugs commonly used with children

William F. Johnson, M.D.

"Is Every Mood Swing Bipolar?"

Overview of Diagnostic Issues in Child Mental Health

William F. Johnson, M.D.

Summary of Workshop: Reviewing ADHD, Mood Disorders and PTSD in youth.

Workshop Objectives: Review Diagnostic issues common to youth experiencing trauma.

Participants should increase knowledge in areas of differential diagnosis.

Thinking outside the Box: Using Trauma First Aide® to Enhance Creativity in Treating Trauma with Families

M. Laurie Leitch, LISW, PhD

Workshop Description:

Any traumatic event generates a cascade of physiological and emotional responses. The attempt to manage the body's incomplete "fight-flight-freeze" reactions is at the core of many, if not most, trauma symptoms. This workshop will present the core concepts of Trauma First Aide®, a brief, mind-body integrative approach to trauma inspired by Peter Levine's Somatic Experiencing. While case examples will be specific to working with families, the concepts presented have relevance for any clinician who works with trauma.

The workshop's orientation is grounded in the tenet that trauma, though it is the source of tremendous distress and dysfunction is not an ailment or a disease. It is rather the result of instinctual survival responses that have been thwarted in their execution. The consequence of these incomplete responses is a highly aroused internal state that, if left untreated, causes dysregulation of the nervous system. This unresolved arousal leads to a variety of debilitating physical and emotional symptoms and syndromes. The workshop will specify ways that TFA helps people access the body's own instinctive ability to rebound from overwhelming experiences. Case examples from the presenter's disaster work will be used to demonstrate the neurophysiology of trauma and how to work with it. The mechanism of TFA® rather than being a "psychological" therapy is an approach that facilitates the restoration of resilience and homeostasis through body/mind self-regulation and resolution of PTSD symptoms. It is a compatible counterpart to cognitive therapies.

Objectives:

- Participants will be able to identify 4 or more key elements of TFA ®.
- Participants will be able to identify the definition of trauma as used in TFA.
- Participants will identify 3 or more reasons why knowledge of the physiology of trauma is important to enhance their care of clients.
- Participants will describe 4 or more symptoms of a dysregulated nervous system.
- Participants will learn 4 or more issues important in the treatment of traumatized children.
- Participants will be able design an integrative trauma intervention appropriate for use in families.

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Area(s) in which the participant should increase knowledge?

- The neurophysiology of trauma
- Mind-body interventions

Area(s) in which the participant should increase skills?

- The design of integrative trauma interventions

Brief Bio:

Laurie Leitch, Ph.D., is Director of Research, Foundation for Human Enrichment and Director of Program Development and Evaluation, Trauma Resource Institute (TRI). Dr. Leitch has over 25 years of work with individuals, couples, groups, and organizations with a mind-body focus on trauma. She also has extensive experience providing clinical training and consultation. One of her areas of specialization is cross-cultural training and research. Dr. Leitch worked with survivors of the 9/11 terrorist attack, with adult and child survivors of the tsunami in Thailand, and went to Louisiana ten times in 2005-2006 to treat Katrina survivors and provide training to local agencies in Trauma First Aide®, a brief, mind-body stabilization model.

Related publications:

Somatic Experiencing Treatment with Survivors of Hurricanes Katrina/Rita: An Outcome Study of Brief, Integrative Treatment. Submitted to Journal of Traumatic Stress, 11-06.

Somatic Experiencing Treatment with Tsunami Survivors in Thailand: Broadening the Scope of Early Intervention. Submitted to Traumatology, 12-06.

A Post-Tsunami Diary. Psychotherapy Networker, vol.29, No.6, Nov/Dec. 2005.

Just Like Bodies, Psyches Can Drown in Disasters. Invited essay. The New York Times, Science section. May 31, 2005: D5

Bridging the Gap: What Are We Doing? How Well Are We Doing It? Outcome Evaluation Manual. Catholic Charities USA. Consultant/editor. CCUSA, Alexandria, Virginia. 2001.

RESTORING CENTERPOINT

Beverly Kune (Beverly Kune, MA, ND, LMT, LPCC)

Summary of workshop:

Resourcing both the healthcare providers and the children they work with when dealing with traumatic stress ... presenting (both didactically and experientially):

- tools and techniques to help to balance and re-regulate the nervous system in the face of stress and trauma, and to foster centering, grounding and the ability to attain/maintain a coherent balanced state when dealing with stressful situations and trauma.

We communicate non-verbally through our presence, and children, especially, take their cues from us in this way. Helping resource ourselves as healthcare providers helps to resource the children we work with, and to create safe container for healing.

These tools come from a variety of modalities, such as Heartmath (techniques to balance and re-regulate the nervous system in the face of stress and trauma), specialized kinesiology, body anchoring approaches, and EFT (Emotional Freedom Technique). All of these approaches are body-centered, and come under the umbrella of Mind-Body Integrative work, and Energy Psychology, and present relatively quick and easy means of re-setting the system.

Workshop Objectives (related to child trauma)? Please List:

- To learn tools & approaches to restore balance, center & grounding in both therapist and client, and ways to create safe container when dealing with traumatic stress
- To gain conceptual (and experiential) understanding underlying these approaches and their importance in dealing with traumatic stress

Area(s) in which the participant should increase knowledge?

- Understanding what a coherent state is, and the importance of maintaining coherence when dealing with traumatic stress
- The ways in which we affect each other non-verbally, in either positive or negative ways
- The importance of resourcing ourselves and the effect this has on others
 - means of resourcing ourselves and our clients in ways that help restore center to the system in the face of traumatic stress

Area(s) in which the participant should increase skills?

- ❑ Helping maintain or restore balance in self in the face of stressful situations (including working with children who have been subjected to traumatic stress)
- ❑ Helping establish safe container through simple techniques that can be used and taught to child clients

Beverly Kune Bio:

I have a Mind-Body Integrative Practice, specializing in facilitating the healing of trauma on all levels: structural, physiological, spiritual, mental, and emotional. Areas of expertise include working with early developmental trauma, relational issues, and medical trauma. I work with children, adults, couples and individuals, helping each in their own way to develop greater ease and resilience in navigating through life.

I have dual licensure as a clinical counselor and a bodyworker, and have been in private practice since 1987, combining SE with varying modalities, including Ericksonian Hypnotherapy, EMDR, EFT, Cognitive Dialog, Advanced Cranial Sacral and Visceral Therapy, Jin Shin Do, and other varying manual therapies.

I have also designed the School of Mind-Body Integrative Studies at the University of Natural Medicine, based in San Dimas California, and authored a Master's Program in this field. I am currently serving as Dean of this department.

Creating a "Tool Kit"

Robin Woolley, LISW, LADAC, CISW

Therapist with Eight Northern Indian Pueblos Council, Family Services Program.

SUMMARY OF WORKSHOP: Working with traumatized children often means going out of our office and into the home, in a vehicle or child's school. Having a traveling "Tool Kit" can make all the difference in building trust and moving through difficult issues of trauma. Some of our tools are experiential practices and others are actual items used in play and relaxation. Participants will have an experiential experience with the tools presented in this workshop. Participants will receive a "toolkit" as well as CEU's.

WORKSHOP OBJECTIVES: Participants can experience tools and approaches to help establish trust, understand child's learning style, identify child's energy level and apply appropriate techniques and tools to stimulate or calm the child.

AREAS OF INCREASED KNOWLEDGE: This workshop will review basic learning styles and their importance to the techniques we choose. We will review some trauma situations and the results which either over stimulate or depress the child. Participants will then understand what types of items they may want to include in their traveling tool kit to meet the variations they may encounter. There will be an overview of using art therapy, what to use and what to look for. Numerous games will be presented to give the therapist an idea of where the child's strengths are. We will briefly look at blending EMDR techniques and art therapy. Participants will get to try "Eye Lights", left/right brain activities including some Brain Gym activities. Ideas will be exchanged on how to make some of your tools at little or no cost.

AREAS TO INCREASE SKILLS: Participants will have more resources to help establish trust, understand child's strengths, and provide a safe and playful experience to aide our clients along the healing path.

Robin Woolley BIO: I was raised in Northern New Mexico as a cowgirl. My social work education comes from NMSU and NMHU. I have an MSW and currently am licensed as an LISW, LADAC in New Mexico and a CISW in Arizona. I would consider myself an adventurous mystic who has worked and traveled the Americas working with rural indigenous people. I love the blending of ancient and high-tech techniques to help humanity move along the path of healing and well being.