

Organizer:



隸屬於基督教聯合那打素社康服務

Sub-organization of United Christian Nethersole Community Health Service

Co-Organizers:



Department of
Psychology ^{HKU}
The University of Hong Kong



Department of Psychiatry
United Christian Hospital

Two-Day Workshop on Treating Complex Trauma in Children & Youth

Dr. John Briere & Dr. Cheryl Lanktree



Dr. John Briere

- ✦ **Associate Professor of Psychiatry and Psychology**
Keck School of Medicine, University of Southern California (USC)
- ✦ **Center Director, USC Adolescent Trauma Training Center, National Child Traumatic Stress Network**

- ✦ **Licensed Clinical Psychologist**
- ✦ **Research Assistant Professor of Psychiatry, Department of Psychiatry and Behavioral Sciences, University of Southern California (USC)**
- ✦ **Project Director, USC Adolescent Trauma Training Center, National Child Traumatic Stress Network**



Dr. Cheryl Lanktree

This workshop will provide an overview of Integrative Treatment of Complex Trauma (ITCT), an empirically-based and validated therapy for children and adolescents who have been exposed to multiple traumas, often in the context of childhood abuse and neglect. Discussed will be the various psychological effects of complex trauma, as well as a number of techniques helpful in working with victimized children and youth. ITCT modules include safety interventions, titrated exposure, trigger identification and intervention, cognitive interventions, relaxation and mindfulness training, and parent and family therapy, adapted according to the age of the client.

Date: **25 & 26 June 2015** (Thu & Fri)

Time: 9:30am – 5:30pm (Reg. 9:10am)

Venue: The University of Hong Kong

(CPD-3.28, 3/F, The Jockey Club Tower, Centennial Campus)

Fee: HK\$2,200 (Standard)/ HK\$1,100 (Full-time Student)

* *Accreditation from professional bodies in progress*

Enquiry: 2349-3212

Email: info@ucep.org.hk

Website: www.ucep.org.hk



Organizer:  **聯合情緒健康教育中心**
United Centre of Emotional Health and Positive Living
隸屬於基督教聯合那打素社康服務
Sub-organization of United Christian Nethersole Community Health Service

Co-Organizers:  Department of Psychology ^{HKU}
The University of Hong Kong  Department of Psychiatry
基督教聯合醫院 United Christian Hospital
UNITED CHRISTIAN HOSPITAL

Two-Day Workshop on Treating Complex Trauma in Children and Youth

Trainers

Dr. John Briere

Dr. Cheryl Lanktree

*Keck School of Medicine, University of Southern California, USA
and*

*USC Adolescent Trauma Training Center
National Child Traumatic Stress Network*

25 & 26 June 2015 (Thursday & Friday)

at The University of Hong Kong

This workshop will provide an overview of Integrative Treatment of Complex Trauma (ITCT), an empirically-based and validated therapy for children and adolescents who have been exposed to multiple traumas, often in the context of childhood abuse and neglect. Discussed will be the various psychological effects of complex trauma, as well as a number of techniques helpful in working with victimized children and youth. ITCT modules include safety interventions, titrated exposure, trigger identification and intervention, cognitive interventions, relaxation and mindfulness training, and parent and family therapy, adapted according to the age of the client.

The ITCT was first developed for children by Miller Children's Abuse and Violence Intervention Center (MCAVIC) at Miller Children's Hospital in California, USA between 2001 and 2005. The children version (ITCT-C) was adapted and expanded into a version for adolescents, ITCT-A, specifically incorporating the Self-Trauma Model upon collaboration of MCAVIC and the University of Southern California (USC) in 2005. ITCT especially stresses multidimensional/complex trauma reaction and comorbidities, and additional stressors such as diminished socioeconomic resources, racial discrimination, and unsafe communities.

Identified by the Complex Trauma Working Group of National Child Traumatic Stress Network (NCTSN) as one of the eight "promising practices" in 2004, ITCT-C has been associated with significant symptom reduction in studies of children and adolescents in clinic and school-based contexts.

About the Trainers:

John Briere, Ph.D., is an Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Center Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. A past president of the International Society for Traumatic Stress Studies, he is recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association, and the William N. Friedrich Award for Outstanding Contribution to the Field of Child Psychology from the Mayo Clinic. He teaches on trauma, therapy, and mindfulness practices internationally.



Dr. Briere's website is: www.johnbriere.com.

Cheryl Lanktree, Ph.D., is a licensed clinical psychologist and Research Assistant Professor of Psychiatry, Department of Psychiatry and Behavioral Sciences at the University of Southern California and Project Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. She has published numerous papers on the assessment and treatment of child trauma, including a paper providing the evidence base for ITCT, and has provided numerous trainings on the treatment of complex trauma in children and adolescents throughout the world. Drs. Lanktree and Briere are co-authors of the upcoming book, *Treating Complex Trauma in Children and their Families: An Integrative Approach*.



Dr. Lanktree's website is: www.cblanktree.com.

Key References:

- 1) Briere, J., & Lanktree, C.B. (2013). *Integrative treatment of complex trauma for adolescents (ITCT-A): A guide for the treatment of multiply-traumatized youth, 2nd edition*. Los Angeles, CA: USC Adolescent Trauma Treatment Training Center, National Child Traumatic Stress Network, U.S. Department of Substance Abuse and Mental Health Services Administration.
- 2) Briere, J., & Lanktree, C. (2011). *Treating Complex Trauma in Adolescents and Young Adults*. Thousand Oaks, CA: Sage Publications.
- 3) Lanktree, C.B., & Briere, J. (2013). Integrative Treatment of Complex Trauma (ITCT) for children and adolescents. In J.D. Ford and C.A. Courtois, *Treating complex traumatic stress disorders with children and adolescents: An evidence-based guide* (pp. 143-161). NY: Guilford.
- 4) Lanktree, C.B., & Briere, J. (2008). *Integrative Treatment of Complex Trauma for Children Ages 8 to 12 (ITCT-C)*. Long Beach, CA: MCAVIC-USC Child and Adolescent Trauma Program, National Child Traumatic Stress Network, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

Details of the 2-day Workshop on Treating Complex Trauma in Children and Youth:

Date: 25 & 26 June 2015 (Thursday & Friday)

Time: 9:30am – 5:30pm (registration starts at 9:10am)

Venue: The University of Hong Kong
(CPD-3.28, 3/F, The Jockey Club Tower, Centennial Campus)

Fee: ● Standard Fee - HK\$2,200 ● Full-time Student* - HK\$1,100

**student who is studying undergraduate or post-graduate program at university in a full time mode*

Registration Deadline: 19 June 2015

Accreditation from Professional Bodies (In progress)

REGISTRATION (Trauma in C & Y)

Please return the completed form with a cheque made payable to **United Christian Nethersole Community Health Service** and mail to United Centre of Emotional Health and Positive Living, 2/F, Block A, Lee Kee Building, 55 Ngau Tau Kok Road, Kowloon, Hong Kong

Enquiry: 2349-3212

Email: info@ucep.org.hk

Website: www.ucep.org.hk

Title: Prof. Dr. Mr. Ms. Miss Other (pls specify) _____

^Name:

^Please give your name you wish to be printed on the "Attendance Certificate"

Occupation: Psychologist Social Worker Counselor Doctor

Nurse Teacher Researcher

Occupational Therapist Physiotherapist

Full-time Student Others: (pls specify): _____

Job Title:

Organization:

Address:

Phone:

Email:

Fee:

Standard Registration HK\$2,200

Full Time Student HK\$1,100

I know this program from:

via UCEP promotion (email/ website/ Facebook/ other*)

via HKU promotion (email/ other*)

via UCH/ HA promotion (email/ other*)

via Accreditation Body _____

from a friend

Other _____

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*(*please delete as inappropriate)*

Signature:

Date: