

The MISSION is POSSIBLE:

FACING THE CHALLENGE

2016 OKLAHOMA CHILDREN'S BEHAVIORAL HEALTH CONFERENCE

Embassy Suites Norman Hotel & Conference Center

May 11-13, 2016

The Trauma and Resilience Track



Alissa Catiis, LCSW, RYT

Trauma-Sensitive Yoga for Children & Adolescents

In this workshop, clinicians will explore yoga tools effective for managing anxiety, depression, and post-traumatic stress that can be taught to children and youth. These tools include: breathing exercises, meditations, self-inquiry exercises, mudras (hand gestures), and mantras (sounds or words). **May 12th.**

Lucy Berliner

Screening for Trauma: The Key to Being Trauma Informed

Routine screening for trauma exposure creates the opportunity for validation and support; assessing for trauma specific impact is the method for determining whether children need trauma-specific services. This workshop will discuss barriers and concerns about routine screening as well as how to screen and assess in a clinically meaningful way. **May 12th.**



Doug Grey, M.D.

Helping Families Cope after a Suicide Attempt or Suicide Completion

Dr. Gray will share how to help individuals and families after a completed suicide and discuss preventing professional burnout when dealing with sadness. Dr. Grey will also discuss future models for adolescent suicide prevention in the community. **May 12th.**

Joe Spinazzola, Ph.D.

Treating Complex Trauma: Attachment, Regulation, and Competency (ARC)

Dr. Spinazzola will present on the complexity of adaptation to early-onset, chronic or recurrent childhood maltreatment, caregiving disruption and violence. This day long institute will emphasize the consequences of early life adversity on neurobiology, attachment and learning, with attention to risk and protective trajectories across development. **May 11th.**



Al Killen-Harvey, LCSW

Sexual Health: An important tool for client healing

This workshop will prepare professionals to have a sexual health conversation with children and adolescents who seek their services. Participants will have the opportunity to assess and expand their current comfort and willingness to address children, youth and caregiver sexual health worries or problems in their professional role. **May 13th.**

Roy Van Tassell, M.S., LPC

Coping With Traumatic Grief

Traumatic grief is severe or prolonged sadness that lead to ongoing difficulties that interfere with everyday life and make it difficult to experience positive memories. This workshop will focus on identification, treatment, resources and the impact of Childhood Traumatic Grief (CTG). **May 11th.**

