



Changing the Paradigm: Trauma and the Developing Child February 25 & 26, 2014

Working with the Neurobiological Legacy of Developmental Trauma

with **Dr. Janina Fisher**

*Clinical Psychologist, Assistant Educational Director, Sensorimotor Psychotherapy Institute
Instructor, Trauma Center - Boston*

Neurobiological effects of trauma and traumatic attachment on the developing brain; interaction of caregiver and child's nervous systems.

Why Nonviolent Child Raising is Important When Talking About Developmental Trauma

with **Ruth Beaglehole, MA**

Founder, Echo Parenting & Education

When we change our paradigm of child raising to nonviolence, we can prevent much of the developmental trauma that occurs from punitive, controlling, or fear-based parenting practices. Nonviolent child raising also provides the loving connection that is necessary for children to heal from trauma. Ruth will also explain how the nonviolent approach to child raising also builds resilience to help children navigate unavoidable trauma and gain the skills to cope with trauma in later life.

When Words Are Not Enough: Working from the Bottom Up

with **Dr. Janina Fisher**

*Clinical Psychologist, Assistant Educational Director, Sensorimotor Psychotherapy Institute
Instructor, Trauma Center - Boston*

Somatic interventions for working with children who are either impulsive or shutdown.

Our Children as Our Mirror

with **Dr. Jennifer Johnston-Jones**

Licensed Clinical Psychologist

Dr. Jennifer Jones will guide you through an in-depth experiential discussion which will help you understand yourself better as you understand your children. Based on the Psychology of Happiness, Attachment Theory and Nonviolent Parenting, you will leave with five tools to help you grow your relationship with yourself and your child(ren).

Tuning Your Nervous System: Self Regulation Strategies for Caregivers and Children using the Community Resiliency Model

with **Elaine Miller-Karas, MSW, LCSW**

Executive Director, The Trauma Resource Institute

& Susan Reedy, LMFT

The Trauma Resource Institute

The Community Resiliency Model's goal is to help to create "trauma-informed" and "resiliency-informed" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. This workshop will share the key concepts of the model and how it can be shared with parents, caregivers and teachers to help children and their caregivers to come back into balance. Specific exercises to use with children will be introduced and practiced. CRM skills have been



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used worldwide in varied locations, including the Philippines, Canada, Haiti, China, the United States, Kenya, Darfur, Uganda, Somalia and Guatemala.

Co-parenting with Peace?: Helping Children Cope with the Stress and Trauma of Divorce, Family Separation and Parental Conflict

with **Rebecca Weiker, MPH**

Co-Parenting with Peace

In the United States, nearly half of all marriages end in divorce, and each year, more than one million children have parents who divorce or separate. Many of these children experience parental conflict before during and after separation and divorce. In this workshop, Rebecca Weiker, a certified family mediator and parent educator will discuss strategies to support children and families experiencing stress and trauma related to divorce, family separation, and parental conflict.

Trauma Informed Nonviolent Standards of Care (TINSOC) 101

with **Susan Hess, MSW, LCSW**

Director of Intimate Partner Violence Programming, Echo Parenting & Education

Adjunct Lecturer, School of Social Work, University of Southern California,

& Elizabeth Eastlund, LCSW

Director of Program, Rainbow Services

TINSOC 101 will provide a brief overview of the Trauma Informed Nonviolent Standards of Care project, including understanding the process of changing organizational culture. Participants will be led through the standards in the style of reflective supervision, discussing real-life examples and drawing on the experience of the presenters who are currently doing this work with domestic violence shelter staff. Staff Wellness will also be discussed as part of a Trauma Informed Culture.

Nonviolent Child Raising 101

with **Ariel Wrye**

Parent Educator, Echo Parenting & Education

We believe that the Nonviolent Child Raising practice that we teach at Echo Parenting & Education is a preventative measure for heading off trauma. For anyone who is curious about the term Nonviolent Parenting and what it looks like, this workshop will present an introduction to the basic framework and practices involved in Echo Parenting & Education's work. Join with us to learn how we teach new strategies for connection, regulation and peace with children, families, and yourself!

Healing Familial Trauma: Lowering the Tightrope; Strengthening the Net

with **Joel Andres, MFT, JD**

Adjunct Faculty, Antioch University Los Angeles

Facilitator/Instructor, Trauma Resource Institute

This workshop will help participants understand the impact of trauma on a family, the interactions between the unconscious and the nervous system (which can often interfere with parents being effective in helping their children and families to heal from trauma), and the variables which parents may need to recognize and adjust within themselves and the family system to help themselves and their children heal. The workshop will also attempt to distinguish between the appearance and reality



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of effective parenting and will give participants skills they can use, whether for clients or their own families, to help balance the family's nervous system, support and track healing, and strengthen the family unit.

Transforming Organizational Culture - The Ideology and the Reality

with **Ruth Beaglehole, MA**

Founder, Echo Parenting & Education

& Diana Ayala

Co-Executive Director, Echo Parenting & Education

How do we create a trauma-informed, empathy-based organizational culture? And how do we reflect this in our organizational structures, procedures, personnel policies and contractual relationships, yet still meet legal, grant and other external requirements? In the first part of this workshop, Ruth will speak from her experience as the founder of Echo Parenting & Education, where she created an organization that is based on the same values that inform the nonviolent approach to child raising. In the second part of the workshop, Diana Ayala will draw on her 14 years of experience as the Chief Operations Officer and now Co-Executive Director of Echo Parenting & Education to talk about the brass tacks of changing the paradigm, and how to navigate the requirements of a world that is often not in synch.

Youth-Focused Trauma Informed Care

with **Gabriella Grant**

Director of the California Center of Excellence for Trauma-Informed Care

Developing innovative programming and youth focused trauma-informed care.

with **Arlene Schneir, MPH**

Associate Director, Division of Adolescent Medicine, Children's Hospital Los Angeles

& Daniel Ballin, LCSW

Clinical director for Covenant House California

The Hollywood Homeless Youth Partnership, an alliance of 6 agencies serving homeless youth in Hollywood, has been working to transform their service delivery system from a trauma perspective since 2005. In this workshop, the presenters will review the types of traumatic experiences that are common among this population, and the impact of this early and on-going trauma on youth and young adult behavior and on their ability to engage with available resources. The presenters will also describe how a renewed commitment to trauma informed services has led to substantive changes in the way that they provide services, train and supervise staff, and work with collaborative agency partners.

The Parenting Process: An Educational Model of Intervention and Prevention of Developmental Trauma for those Involved in the Raising and Treatment of Children

with **Eileen Paris, Ph.D., Psy.D.**

Psychotherapist, Parent Educator and Author

There are two parts to the Parenting Process. The first part is called the Legacy and helps adults understand their own "tender spots." Caregivers who recognize when a child is "poking" a tender spot



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and know what to do about it are much more able to interrupt patterns of trauma from repeating. The second part of the Parenting Process is called Understanding Emotional Development. This section explores the developmental themes of bonding, mirroring, and differentiating and offers skills to support these themes. The presentation includes experiential exercises, lecture, and of course questions and answers.

Caregivers will learn:

- A practical hands-on model that demonstrates the teaching of child development and skill building simultaneously
- This method can be utilized in the healing and interruption of intergenerational developmental trauma
- The teaching will include somatic as well as cognitive learning

Tell Me My Story: Helping Children with Stress and Trauma using Empathy Books

with **Patricia Lakatos, PhD**, *Licensed Psychologist, Early Childhood Mental Health Program, Children's Hospital Los Angeles*

Young children rely on adults to nurture and safeguard their emotional development particularly when facing daily upsets or traumatic events. Through video and demonstration the presenter will show how, individualized books that reflect the child's inner experience and foster affect regulation, can be integrated into home, child care, and clinical settings.

Goals and Objectives:

- Participants will be able to identify how facilitating the development of children's narrative supports children with stress and trauma.
- Participants will be able to write an empathy book for a child that helps the child "feel felt" by the adult.
- Participants will identify various situations and settings where adults can make "empathy books" for children.

Learning Principles:

- Brief theoretical overview of principles underlying use of "empathy books" illustrated by clinical, childcare, and parenting examples from presenter's experience.
- Videotaped interviews of parents and childcare providers discussing and modeling use of "empathy books" with young children.
- Opportunity to make an "empathy book" during the session.

Location: Catalina

Addressing the Needs of Children Who are Deaf or Hard-of-Hearing and the Hearing Children of Deaf Parents

with **Peggie Reyna**, *Project Director for Peace Over Violence's Deaf, Disabled & Elder Services, Peace Over Violence*

& Laura Ripplinger, *Program Coordinator, Deaf, Disabled & Elder Services, Peace Over Violence*

All children are vulnerable to abuse and exploitation by older children and by adults. Child abuse occurs in all cultural, ethnic, occupational and socioeconomic groups. Children become victims of abuse by siblings, parents, step parents, other family members, family friends, neighbors, teachers, bus drivers, child care providers, foster parents, etc. Children who are Deaf or who have disabilities are especially vulnerable to child abuse. Children who are Deaf depend on adults or siblings to interpret the world for them. These children are at high risk of abuse by family members, family friends, or other adults. In



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this workshop we will address issues of trauma particular to the child who is deaf or who has deaf parents. It is estimated that 85 to 90% of deaf children experience some form of sexual abuse before they are 18. We will look at some factors that contribute to the high risk of abuse and exploitation of children who are deaf or who are children of deaf adults. We will discuss the long-term effects of trauma and ways to lessen the effects of the trauma for these children and their parents.

Art Therapy: Seeing Developmental Trauma Through the Eyes of a Child with Melissa Susman, MA, AT

The adverse effects of developmental trauma span a range of symptom domains including attachment, behavioral control, biology, cognition, emotion regulation, self-concept and memory. Through an art therapy case study, you will learn: 1) how trauma symptoms are observed through art therapy with a child; 2) what trauma recovery looks like; and 3) specific trauma recovery objectives according to leading theorists, including Peter Levine, Bessel van der Kolk, and Allan Schore.

Trauma Informed Parenting: Using Mindfulness and Somatic Tools to Foster Resilience in Children and Their Caretakers

with Hala Khouri, M.A., E-RYT

A Thousand Joys

Stress and trauma can take a serious toll on the body, mind and spirit. For those in the helping professions, self-care and stress management is vital to being effective and sustainable. This workshop will offer a physiological framework for how stress and trauma impact the body and mind and provide valuable tools that can be implemented immediately for yourself as well as with clients and colleagues. *A short yoga practice will be integrated into the workshop to help participants better understand their body and mind patterns and to support wellbeing.

Recovering the Child: Resolving Developmental Trauma Disorder with Neurological Reorganization

with Bette Lamont, M.A./D.M.T.,

Certified Neurological Reorganization Practitioner, Founder and Executive Director of Developmental Movement Consultants, Seattle, Washington

Neurological Reorganization helps resolve trauma by addressing injuries to pre-verbal regions of the brain with a pre-verbal approach. Using tools that have been researched for over 60 years, Neurological Reorganization employs individually designed programs of reflex, movement and sensory experiences in the context of appropriate parenting and therapeutic support to help the brain recover functions that have been impaired by trauma. Emotional and physical trauma both have the capacity to damage the brain. Those areas of the brain that we cannot reach through language, through reason or logic, can only be addressed and healed in their own pre-verbal terms of developmental movement and sensory activities. These activities are our only access to the pre-verbal brain, and one of the most effective paths to healing a child whose development has been informed by trauma. When there are developmental gaps in the structure, capacity, and functionality of the brain, that may cause lack of impulse control, lack of empathy, inability to focus and learn, the eyes can't track or converge incorrectly, sensory integration issues, motor issues, just to mention a few – these are all real results of trauma, that can be addressed through the neurological support and healing that Neurological Reorganization provides.



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Subtle Forms of Developmental Trauma: Attachment, the Unconscious & Trauma

with **Beth Kalish-Weiss, PhD, FIPA**

Co-Director of Infant, Early Childhood and Parent Psychotherapy Program at Los Angeles Institute and Society for Psychoanalytic Studies (LAISPS)

This Workshop will focus on the young pre-school child where issues of attachment and separation are dominant both consciously and unconsciously. Subtle traumas can often occur without parent recognition. Participants will better understand the unconscious dynamics for 2, 3,4,5, year olds. Participants will learn to identify subtle, but atypical behaviors in the pre-school child. The relational issues facing parents and how certain treatment methods can be beneficial for both parents and their children will be discussed. Recommended background reading: Fraiberg, S (1959) *The magic years*. New York: Charles Scribner. (paperback available on Amazon.com).

TINSOC - The Wider Context

Part One: Trauma Informed Care - How Are We Doing?

with **Gabriella Grant**

Director of the California Center of Excellence for Trauma-Informed Care

Reporting back on the statewide implementation of trauma-informed care in domestic violence shelters.

Part Two: Cross-Field Applications of the Trauma Informed Nonviolent Standards of Care

In 2013, Echo led a collaborative of intimate partner violence service providers to create Trauma Informed Nonviolent Standards of Care (TINSOC). These standards are now being used by several domestic violence shelters in Los Angeles as a tool to guide staff and administration in reviewing their progress on the journey to becoming trauma-informed and practicing a nonviolent approach to child raising. Members of the TINSOC collaborative are excited about the possibilities of the cross-field application of the standards and will be facilitating break out groups to explore how, in addition to the domestic violence field, TINSOC can be used to create systems change in other areas, such as substance abuse, mental health and legal service provision.

Breakout Groups:

Introduction by **Kaile Shilling, MTS**, *Director of the Violence Prevention Coalition of Greater Los Angeles*

Domestic Violence facilitated by **Susan Hess**, *Director of Intimate Partner Violence Programming, Echo Parenting & Education*

Adjunct Lecturer, School of Social Work, University of Southern California

Substance Abuse facilitated by **Elizabeth Eastlund**, *Director of Program, Rainbow Services*

Legal facilitated by **Eve Sheedy & Donna Laurent**

Mental Health facilitated by **Katie Tyler, LMFT**, *Clinical Therapist, Angel Step Inn Crisis Domestic Violence Shelter*

A Window Between Worlds

My Safe Home: Children's Windows Workshop

with **Olivia Piacenza**, *Program Director, A Window Between Worlds*

& Rudy Hernandez, *Children's Program Coordinator, A Window Between Worlds*



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This workshop provides participants with an opportunity to establish or re-establish a sense of safety, meaning and purpose by creating a safe home using simple art materials.

A Window Between Worlds

Personal Needs Flower: A Self-Care Windows Workshop

with **Christy Turek**, *Windows LA Regional Manager, A Window Between Worlds*
& **Cheryl Silver** *Women's Windows Program Manager, A Window Between Worlds*

This workshop provides an opportunity for participants to build resilience through a self-care exercise that allows them to tune into their own personal needs through the creative process.

Prevention and Interventions for Secondary Traumatic Stress (STS)

with **Adriana Molina, M.S., LMFT**

*Director of Social Marketing and Violence Prevention for Project ABC at
Children's Institute, Inc., Chairperson of the Violence Prevention Coalition of Greater Los Angeles*

& **Leslie Ross, Psy.D.**

Vice President, Leadership Center Children's Institute Inc.

This workshop focuses on Secondary Traumatic Stress as an "Occupational Hazard" in implementing trauma-informed interventions. Research on the impact of working with traumatized clients, in stressful and sometimes dangerous settings on clinicians, social workers, supervisors, and organizations will be presented. Strategies needed individually (i.e. self-care) and organizationally (training, supervision, caseload management) to sustain providers doing intense trauma work required in trauma focused treatment models will be discussed. Individuals, supervisors, and managers will learn how they can increase self-care for themselves and their staff to decrease the risk of traumatic stress, compassion fatigue, and burnout. This is an interactive workshop including individual and dyadic exercises to identify needs and develop plans for support going forward.

Learning Objectives:

- Participants will understand the impact of exposure to vicarious trauma on workers in the field of trauma treatment.
- Participants will learn key issues in organization change that are needed to address this "occupational hazard in front line staff"
- Individuals, supervisors and managers will learn how they can increase self-care for themselves and their staff to decrease the risk of traumatic stress, compassion fatigue, and burnout.