

# Trauma Informed Treatment of Adolescents

PRESENTED BY DR. BOBBI L. BEALE

## Trauma Informed Care: Understanding & Responding to Trauma Reactions in Youth

9:00AM – 12:00PM

Dr. Beale will introduce how brain research has influenced our field in the last decade. Reflecting on the work of Bruce Perry regarding key brain concepts, we'll review how factors like poverty, neglect and trauma make it very difficult to intervene successfully with our clients. By increasing our understanding of their reactivity, reviewing strategies to manage crises, and following a specific sequence in treatment, providers will learn how to support and heal wounded brains.

Training Objectives (use sentence stems as needed):

- » Participants will understand trauma reactions as survival responses vs. defiance or oppositionality.
- » Participants will learn and be able to apply specific interventions during crises.
- » Participants will be able to identify at least 10 regulating activities that they can use immediately with clients.
- » Participants will be able to apply Perry's Regulate, Relate, Reason sequence to their own practice with clients.

12:00PM – 1:00PM Lunch (on your own)

## Secondary Traumatic Stress: Strategies for the Helpers

1:15PM – 3:00PM

Utilizing guidelines from the National Child Traumatic Stress Network, Dr. Beale will define Secondary Traumatic Stress/Compassion Fatigue. She will identify strategies to build resiliency and address Compassion Fatigue, first at the organizational level, then at the personal level, for both prevention and intervention in working with adolescents.

Training Objectives (use sentence stems as needed):

- » Participants will be able to define STS, compassion fatigue, vicarious trauma and burnout.
- » Participants will identify who is at risk for STS and symptoms of STS.
- » Participants will understand the need for both prevention and intervention strategies to address STS.
- » Participants will complete a self-care assessment and identify at least one area that they plan to work to improve their resiliency.

### Additional Resources for Trauma Informed Care

The Adverse Childhood Experience Study | [www.acestudy.org](http://www.acestudy.org)

National Center for Children Exposed to Violence | [www.ncccev.org](http://www.ncccev.org)

National Child Traumatic Stress Network | [www.nctsn.org](http://www.nctsn.org)

National Institute for Trauma and Loss in Children | [www.starr.org/training/tlc](http://www.starr.org/training/tlc)

### DATE & TIME

MAY 15, 2014  
9:00AM – 3:00PM

### LOCATION

OMNI Youth Services  
111 West Lake Cook Road,  
Buffalo Grove, IL 60089

### FEE

\$25

Professional Continuing Education  
Available

### RSVP

[Lvoightman@omniyouth.org](mailto:Lvoightman@omniyouth.org)



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Group Programs Director,  
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Bobbi has been involved in developing and providing non-traditional therapy services, including home-based therapy for at risk populations and adventure-based group therapy for behavior disordered youth. Bobbi's favorite project was to design and implement a therapeutic resident camp for behaviorally disordered youth that serves hundreds annually. She is currently working on validating Adventure Therapy with clinical research in Trauma Focused Day Treatment, outpatient group therapy and residential camp programs. Bobbi also enjoys training and consulting on issues related to youth including: Trauma, Bullying, Behavior Management, ADHD & Other Disorders, Outcomes, Cultural Diversity, Evidence-Based Practices and Teambuilding.

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