

# Seminar cum Workshop on Innovative and Promising Clinical Treatment for Traumatized Children

## 1. Training Description:

This event consists of a seminar and a two-day training workshop with the following learning objectives:

1. To promote evidence-based practices in Hong Kong which are more cost-effective and better serve the clients;
2. To keep the clinicians abreast of the up-to-date and promising practices for traumatized children who have experienced traumatic events including physical or sexual abuse, domestic violence, accidents, medical trauma, and various losses;
3. To equip the clinicians with the essential skills of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), an efficacious treatment for traumatized children and their families.

## 2. What is Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)?

**TF-CBT** is a short-term, evidence-based treatment for children, ages 3 to 18, who have experienced trauma (e.g., child abuse, domestic violence, traumatic grief and other traumatic events) and their caregivers. This components-based psychotherapy model incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles. TF-CBT is empirically supported for use with youth impacted by trauma and co-occurring mental health problems. It is designated a Model Program by SAHMSA's National Child Traumatic Stress Network (NCTSN) and has received the highest scientific rating as a Well-Supported-Effective Practice by the California Evidence-Based Clearinghouse for Child Welfare (<http://www.cachildwelfareclearinghouse.org>). Clinical research shows that TF-CBT significantly reduces children's symptoms of PTSD and improves overall mental health in children and caregivers.

The information of TF-CBT can be accessed from TF-CBT web course at <http://tfcbt.musc.edu/>.

## 3. Trainer:



**Dr. Monica M. Fitzgerald, Ph.D.,** is the training and evaluation director of the Child Trauma Program at the Kempe Center at the University of Colorado, School of Medicine. Dr. Fitzgerald's clinical and research interests focus on the impact of child abuse and trauma exposure on children's psychosocial and emotional adjustment and the implementation of evidence-based, trauma-focused interventions in community service settings. She maintains a clinical practice and provides trauma-focused treatment to adults, children and families who have experienced abuse or other trauma. Dr. Fitzgerald is an expert in Trauma-focused Cognitive Behavioral Therapy (TF-CBT) and completed 'train-the trainer' programs in TF-CBT and Alternatives for Families Cognitive Behavioral Therapy (AF-CBT) to aid in the dissemination of these trauma-focused EBTs. She regularly conducts trainings and provides consultation nationwide on these models.

#### 4. Training Content:

**(A) Seminar: Moving Best Practice to Evidence-based Treatment for Traumatized Children**

It is a one-day lecture which will discuss the rationale, the process and methods for integrating best practices and evidence based treatments into mental health care for children and families. There will be a focus on describing evidence-based treatments effective for children who have experienced traumatic events and their families. The speaker will provide an overview of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT, [www.musc.edu/tfcbt](http://www.musc.edu/tfcbt)), with rich clinical case examples illustrating the main treatment components and a description of the research supporting this intervention. The morning session is expected to discuss the evidence based practice while the afternoon session on overview of TF-CBT.

**(B)Two-Day Workshop: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Traumatized Children and their Caregivers**

This two-day training will provide mental health and related professionals with a comprehensive understanding of TF-CBT as well as hands-on opportunities to practice each of the TF-CBT components. TF-CBT components include:

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| <ul style="list-style-type: none"> <li>• <b>Psychoeducation and Parenting Strategies</b></li> <li>• <b>Relaxation</b></li> <li>• <b>Affective expression and regulation</b></li> <li>• <b>Cognitive coping</b></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Trauma narrative and processing</b></li> <li>• <b>In vivo exposure</b></li> <li>• <b>Conjoint parent child sessions</b></li> <li>• <b>Enhancing personal safety and future growth</b></li> </ul> |
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### Learning Objectives:

1. Identify and engage children and families who would benefit from TF-CBT
2. Describe the treatment components and understand the underlying rationale for each component
3. Develop and practice skills to implement each treatment component
4. Learn several creative approaches for doing the trauma narrative
5. Learn strategies for addressing distorted/unhelpful trauma-related cognitions
6. Address common barriers to treatment implementation

### Training & Application Details:

	(A) Seminar: Moving Best Practice to Evidence-based Treatment for Traumatized Children	(B) Two-Day Workshop: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Traumatized Children and their Caregivers
Date/ Time	28 June 2011 (Tue) 9:15 am to 5 pm	29 & 30 June 2011 (Wed & Thur) 9:15am to 5 pm
Venue	Demonstration Theater, Rm ST 111, The Hong Kong Polytechnic University, Hung Hom, Kowloon	Conference Room, TWGHs Integrated Centre on Smoking Cessation, 17/F, Tung Sun Commercial Centre, 194-200 Lockhart Road, Wanchai, Hong Kong
No. & Target Participants	150 participants including social workers, counselors, psychologists, medical professionals	40 participants including social workers, counselors, psychologists, medical professionals.( <i>The workshop participants have to attend the seminar as well.</i> )
Fee	Seminar: HK\$700 (HK\$500 for Early bird before 7 June 2011) Seminar & Two-day Workshop: HK\$2800 (HK\$2400 for Early bird before 7 June 2011)	
Deadline for Application	22 June 2011	
Enquiry	Tel: 2267 6322    Email: pcit@tungwah.org.hk	
To attend the training	Please send the completed application form together with the crossed cheque payable to “ <i>Tung Wah Group of Hospitals</i> ” to the following address: TWGHs Centre on Family Development, Unit 109-110, G/F, Kwai Yuen House, Chuk Yuen South Estate, Kowloon.	



香港賽馬會慈善信託基金  
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# Application Form

Please tick appropriate box: ☐ Mr ☐ Mrs. ☐ Ms. ☐ Dr.

Name: (ENG) (CHI)

Agency: \_\_\_\_\_ Post title : \_\_\_\_\_

Profession:

Office Tel:                      Mobile No.:                      Fax :

Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Programs applied:** ( Please ✓ the appropriate box)

	Programs	Training Fee
<input type="checkbox"/>	<b>Seminar: Moving Best Practice to Evidence-based Treatment for Traumatized Children</b> <i>(28 June 2011 (Tue) 9:15am to 5 pm)</i>	<input type="checkbox"/> HK\$500 (Early bird before 7 June 2011) <input type="checkbox"/> HK\$700
<input type="checkbox"/>	<b>Seminar plus Two-Day Workshop: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Traumatized Children and their Caregivers</b> <i>(28 June 2011 (Tue) 9:15 am to 5 pm <u>and</u> 29 &amp; 30 June 2011 (Wed &amp; Thur) 9:15am to 5 pm)</i>	<input type="checkbox"/> HK\$2,400 (Early bird before 7 June 2011) <input type="checkbox"/> HK\$2,800
	Cheque No.: _____ Bank: _____	

*Note: Please send the completed application form together with the crossed cheque payable to “**Tung Wah Group of Hospitals**” to the following address:*

**TWGHs Centre on Family Development**

**Unit 109-110, G/F, Kwai Yuen House, Chuk Yuen South Estate, Kowloon.**

**Deadline of Application:**

22 June 2011

Enquiry: 2267 6322

Email: [pcit@tungwah.org.hk](mailto:pcit@tungwah.org.hk)