

ATTACHment Heals



35th Annual Childhood Trauma and Attachment Conference

2023 ANNUAL CONFERENCE PROGRAM

OCTOBER 12 - OCTOBER 14, 2023
HILTON VIRGINIA BEACH OCEANFRONT &
HILTON GARDEN INN
VIRGINIA BEACH, VA

SCHEDULE AT A GLANCE

THURSDAY, OCTOBER 12

7:00 am	Registration Opens
8:00 am	Exhibit Hall Opens
8:30am - 10:00am	Opening Keynotes
10:00am - 10:30am	Morning Break
10:30am - 12:00pm	Period 1 Workshops
12:00pm - 1:00pm	Lunch (on your own)
1:00pm - 2:30pm	Period 2 Workshops
2:30pm - 3:00pm	Afternoon Break
3:00pm - 4:30pm	Period 3 Workshops
3:00pm - 4:30pm	Debriefing Session for Parents
5:00pm	Exhibit Hall Closes
5:30pm	Dinner Reception

FRIDAY, OCTOBER 13

7:30 am	Registration Opens
8:00 am	Exhibit Hall Opens
8:30am - 10:00am	Plenary Sessions
10:00am - 10:30am	Morning Break
10:30am - 12:00pm	Period 4 Workshops
12:00pm - 1:00pm	Lunch (Boxed Meals Provided)
	Professional Affinity Groups
	Lived Experience Panel
1:00pm - 2:30pm	Period 5 Workshops
2:30pm - 3:00pm	Afternoon Break
3:00pm - 4:30pm	Period 6 Workshops
4:45pm - 5:30pm	Debriefing Session for Parents
5:00pm	Exhibit Hall Closes
6:00pm - 8:00pm	Parent Social Event

SATURDAY, OCTOBER 14

7:30 am	Registration Opens
8:00 am	Exhibit Hall Opens
8:30am - 10:00am	Period 7 Workshops
10:00am - 10:30am	Morning Break
10:30am - 12:00pm	Period 8 Workshops
12:00pm - 1:00pm	Lunch (on your own)
1:00pm - 2:30pm	Period 9 Workshops
2:30pm - 3:00pm	Afternoon Break
3:00pm	Exhibit Hall Closes
3:00pm - 4:30pm	Closing Keynote

ATTACHment Heals

35th Annual ATTACH Childhood Trauma and Attachment Conference

October 12 - 14, 2023 - Virginia Beach, VA



Mary M. McGowan
ATTACH, Executive Director
Minneapolis, MN



Norman E. Thibault
ATTACH Board President
La Verkin, UT

Board of Directors

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Maude Le Roux | Glen Mills, PA

Danette Smith | Lincoln, NE

Tracy R. Johnson | New Braunfels, TX

Gaelin Elmore | Minneapolis, MN

Will you be joining us?

We have successfully crafted a comprehensive program that covers a diverse range of cutting-edge topics and features renowned speakers from various industries. You can expect an enriching experience that addresses latest insights and research!

This is not an ordinary conference!

This is a unique opportunity to deepen your knowledge and understanding of the many nuances of trauma and attachment.

To get the most out of your conference experiences, we encourage you to meet new people, expand your network, share what you're learning, ask what you're still wondering, and leave with the skills, tools, and resources to apply in your work, home, and community.

You can also take advantage of fun and relaxation as we've planned a welcome reception, social networking events, morning yoga, live and silent auctions, and onsite music. And - don't miss the opportunity to enjoy some of the hotels' amenities and explore the Virginia Beach area.

Special thanks to the conference committee, board of directors, staff members, and volunteers for assistance in planning and hosting this year's conference. We also acknowledge and thank our conference sponsors, exhibitors, and advertisers for their support and partnership. You make our conference possible!

And most of all, we are grateful for all of our conference attendees who show up curious to learn, eager to share, and full of passion for our collective mission. Each one of you makes the whole of us better!

Cheers,

Mary and Norm



ATTACH Parent & Caregiver Support Group

A parent and caregiver support group for families to share the joys and challenges of parenting, resources, and information about raising children, especially those living with trauma, attachment, and developmental disorders or mental health concerns and other special needs.

Schedule of Topics

MAY	Oppositional vs. Compliant Behavior
JUNE	Self-harm and Suicide
JULY	Open Share and Support
AUGUST	Back to School
SEPTEMBER	Co-Regulation
OCTOBER	When your child uses drugs/alcohol
NOVEMBER	Holiday Fun: Fact or Fiction
DECEMBER	Supporting Sibling Relationships



To participate in the next confidential, online Parent & Caregiver Support Group meeting, contact us at info@attach.org

ATTACHment Heals

35th Annual Childhood Trauma and Attachment Conference

REGISTRATION FEES AND INFORMATION

* **PROFESSIONAL ATTENDEES:** Register by June 1, 2023 to receive a \$100 discount on your registration fee (applies to Full Conference only).

* **CONFERENCE HOTEL DISCOUNT:** Reserve a room at one of the conference hotels and receive a 20% discount on registration fees listed below ATTACH

	ATTACH MEMBER	NON-MEMBER
Full Conference Professional (Three Days) October 12 – 14	Regular Rate: \$595	Regular Rate: \$645
One-Day Professional Select 1 Day: Thursday, Friday or Saturday	\$325	\$375
Student / CASA Rate <i>Students must provide proof of current enrollment in psychology, social work, or similar field.</i>	\$125/Day	
Parent / Caregiver Rate <i>Must be current parent(s) of child with trauma and attachment issues. This option is not eligible for CE credits.</i>	\$100/Day	\$125/Day
Youth/Young Person Rate Select 1 or 2 Days: Friday and/or Saturday	1 Day - \$100 2 Days - \$150	

* The cost of the hotel is **not** included with your registration fees. Travel accommodations are not included with your registration fees and must be arranged separately by the attendee. We provide a lower negotiated reservation cost for those that are attending the event, and we offer a reduced conference registration fee for those staying at one of our host hotels.

GROUP DISCOUNT

20% DISCOUNT WHEN REGISTERING GROUPS OF 5 OR MORE FROM ONE AGENCY. EMAIL US AT CONFERENCE@ATTACH.ORG

SCHOLARSHIPS

FULL AND PARTIAL PARENT SCHOLARSHIPS ARE AVAILABLE. VISIT ATTACH.ORG/2023-CONFERENCE/ FOR MORE INFORMATION

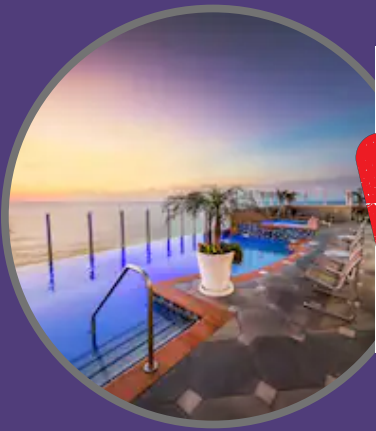
CANCELLATION POLICY: A \$50 handling fee will be deducted from refund for cancellation made by September 15, 2023. No refunds will be made for cancellations after **September 15, 2023**. Visit www.attach.org for details on how to register online.



Together, for better health

We're dedicated to helping children, youth and families live healthier lives and making the health system work better for everyone – one insight, one connection, one person at a time.

CONFERENCE VENUES



**OUR CONFERENCE
HOTELS ARE SOLD
OUT. PLEASE CHECK
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NORTH-VIRGINIA
BEACH
OCEANFRONT**



**BECOME A
MEMBER
AND GET
SPECIAL
CONFERENCE
AND TRAINING
DISCOUNTS!**



attach.org/membership/

THANK YOU TO OUR SPONSORS



SPECIAL THANKS TO THE 2023 CONFERENCE COMMITTEE

Tiffany Arguello, VB CASA | **TaShara Bailey**, First Star ODU | **Charles Brooks**, The Barry Robinson Center | **Audra Bullock**, Tidewater Friends of Foster Care | **Cindy Downey**, Centene | **Janice Goldwater**, Adoptions Together ED | **Roxie Hoven**, Norfolk CASA | **Ashley Jackson**, Barry Robinson Center | **Dianne Kosto**, Symmetry Neuro | **Andrea Long**, The Up Center | **Vivien McMahan**, United Way | **Amy Peterson**, Therapist | **Erinn Portnoy**, Children's Advocacy Center CHKD | **Joy Rios**, Connect With a Wish | **Daralene Smith**, Norfolk DHS | **Lori Thomas**, Therapist/former board member/parent | **Lauren Tremper** | **Monique Turner-Lopez**, Next Step to Success | **Rhonda Williams**, Newport News DHS

SPECIAL EVENTS

35th Annual Celebration & Dinner Reception

Thursday, October 12 5:30 pm ET | Hilton Oceanfront Ballroom

Celebrate 35 years of serving communities and parents with ATTACH! Share food and cocktails (cash bar), networking, and conversation with colleagues, peers, and parents. Enjoy music and a silent auction. All proceeds go toward parent scholarships.

Debriefing Session for Parents

Thursday, October 12 3:00 pm – 4:30 pm ET and Friday, October 13 4:30 pm – 5:15 ET

Reflect on what you've learned with other parents. Think of it like a post-session support group.

Professional Affinity Groups

Thursday, October 12 12:00 pm – 1:00pm ET

See conference app for details

Lived Experience Lunch Panel

Thursday, October 12 12:00 pm – 1:00pm ET

See conference app for details

Parent Night

Friday, October 13 6:00 pm – 8:00 pm ET

Enjoy a self-care night with fellow caregivers! We have rented space at the Beachside Social Club, where you can enjoy delicious food, beverages, floor shuffleboard, bocce, board games, and prizes!



Check out the venue's website!

Meet Sponsors & Exhibitors

8:00 am – 5:00 pm ET

Thursday, Friday, & Saturday

Find out more about their programs and services. Register for prizes!

Foyers in Hilton Oceanfront and Hilton Garden Inn

Sensory Room featuring the OmniCube

Open Yoga Classes – Led by a trauma informed yoga instructor

7:00 am – 7:45 am ET

Friday, October 13

Saturday, October 14

All Levels Welcome!

Beachfront or Hilton Garden Inn Ballroom if rain

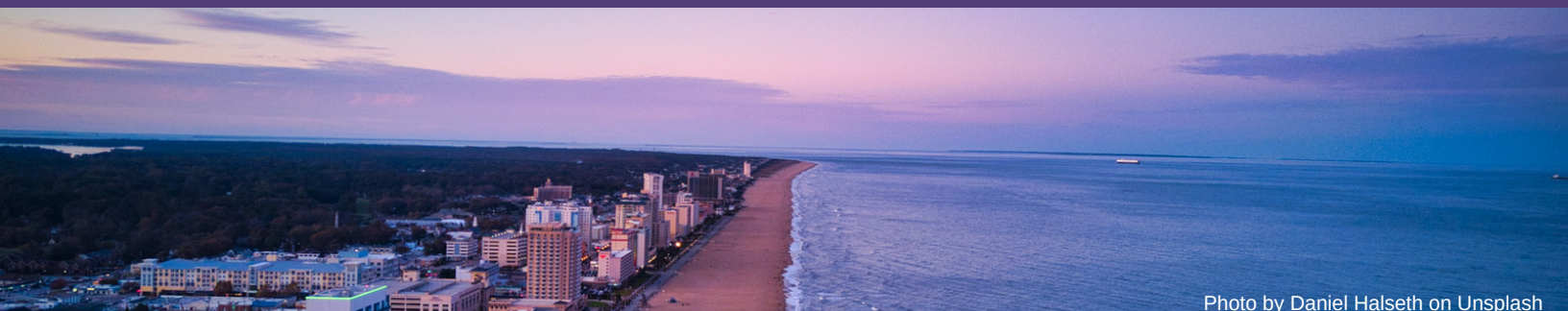


Photo by Daniel Halseth on Unsplash



MAKING A DIFFERENCE.

At Centene, we believe we all play an important role in the healthy development of our children. As a leading healthcare enterprise, Centene provides services to more children living in the foster care system than any other managed care organization, and we are proud to join those in our communities who make a difference for children and families.

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KEYNOTE SPEAKERS AND PLENARIES

THURSDAY OPENING KEYNOTES

8:30 AM - 10:00 AM

New this year! Choose from 2 Keynotes!



Hilton Oceanfront Keynote | Stephen W. Porges, Ph.D.

Polyvagal Theory: A Science of Safety

Contemporary strategies for health and wellbeing fail our biological needs by not acknowledging that feelings of safety emerge from internal physiological states regulated by the autonomic nervous system. By respecting our need to feel safe as a biological response, we respect our phylogenetic heritage and elevate sociality as a neuromodulator that functionally provides the scientific validation for a societal focus on promoting opportunities to experience feelings of safety and co-regulation.

Stephen W. Porges, Ph.D. is a Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium in the Kinsey Institute. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland. He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award. He is the originator of the Polyvagal Theory, a theory that emphasizes the importance of physiological state in the expression of behavioral, mental, and health problems related to traumatic experiences.



Hilton Garden Inn Keynote | Gaelin Elmore

Be the Difference: Saying Yes to Belonging is the Key to Unlocking Potential

You are in this work to make a difference and help a vulnerable population overcome their trauma and unleash their potential. In order to give them access to their full potential, we must commit to "Be the Difference" every day. And in order to do that, we must say yes to belonging. But here's the beauty of belonging; it will also unlock the potential of what we can accomplish through our work. In this talk, I will use lived experience, leading belonging research, and CQI principles to help us all commit to be the difference.

About Gaelin Elmore: Belonging is an essential and vital need for all people. Unfortunately for Gaelin, adverse childhood experiences erased the top sources of belonging from his life almost immediately. This began Gaelin's childhood long battle with belonging that influenced both his decisions and his beliefs, consciously and subconsciously. From entering foster care at 5 months and spending over 10 years of his life in the foster care system, to playing college football and eventually signing an NFL contract.

KEYNOTE SPEAKERS AND PLENARIES

FRIDAY PLENARY SESSIONS | 8:30 AM - 10:00 AM

Hilton Oceanfront Friday Plenary | Kim Barthel, OTR



Psycho-Sensory Intervention

We often hear the phrase “trauma lives in the body.” Aside from disrupting attachment and mental health, we know trauma can impact sensory systems, postural systems, memory systems, immune systems, motor systems, and overall physiology. Integrating both psychotherapeutic and sensory-motor approaches, Psycho-Sensory Intervention holistically supports individuals who have experienced trauma.

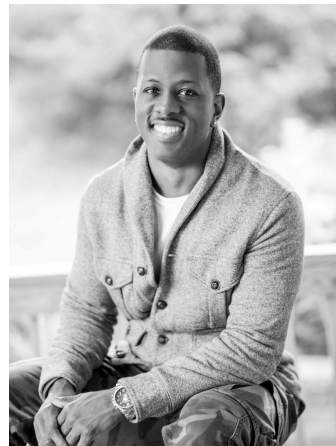
Kim Barthel, OTR, is an occupational therapist and multi-disciplinary speaker from Canada who is passionate about understanding complex behavior, neurobiology, movement, sensory processing, trauma-sensitive practice, attachment and mental health. Kim’s overall mission is to support the conscious evolution of the human spirit. www.kimbarthel.ca

SATURDAY CLOSING KEYNOTE | 3:00 PM - 4:30 PM

The Power & Limitations of Resilience Through Trauma

Resilience is essential in overcoming trauma, but resilience alone isn’t enough to address the damage done by trauma, especially complex trauma. Once we get over, around, or through the traumas, healing is necessary to address the often limiting, debilitating, and life-altering impacts of trauma.

Charles Hunt is a resilience expert, educator, and the founder of The Audacity Firm, LLC, providing trauma-informed keynote speaking and programs with emphasis on building hope, resilience, and healing. In his TEDx Talk “What



Trauma Taught Me About Resilience,” Charles shares incredible stories of resiliency, determination, and success from his journey. Charles’ intense focus, drive, and unbreakable spirit lifted him from poverty and despair while fueling his life’s purpose to use his mess as a message that helps, inspires, and motivates others.



Help your clients living with trauma, attachment and developmental differences.

The Safe and Sound Protocol (SSP)

Become an SSP provider today.

Visit the Unyte Health booth or unyte.com to learn more.



“If you want to improve the world, start by making people feel safer.”

— Dr. Stephen Porges, Author of the Polyvagal Theory and Creator of the SSP



Healing professionals, scan this QR code with your phone for a free Polyvagal Theory resource bundle!



The Most Trusted Name in Attachment and Trauma



Calo is the nation's leading residential treatment center specializing in treating and understanding the impact of early childhood trauma..

Experienced and Proven

For over a decade, Calo has created hundreds of successful outcomes for families struggling with developmental trauma. Serving preteens, teen boys, teen girls and emerging young adults.



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CONFERENCE SCHEDULE		Parent A	Sensorimotor / OT B	Intermediate Professional C
THURSDAY, OCTOBER 12	OPENING KEYNOTE 8:30AM - 10:00AM Polyvagal Theory: A Science of Safety Dr. Stephen Porges OR Be the Difference: Saying Yes to Belonging is the Key to Unlocking Potential Gaelin Elmore			
	SESSION 1 10:30am-12:00pm	Hope for Healing 101: Understanding Developmental Trauma and Attachment <i>Badeau</i>	Trauma, the Effects on Sensory Integration, and Daily Life <i>Patel</i>	Techniques for Healing Attachment Trauma through an Interpersonal Neurobiology Lens <i>Firestone</i>
	SESSION 2 1:00pm-2:30pm		Perceptions and Reflections on Trauma Sensitive Practices in Occupational Therapy <i>Taggart, Moritz, Miller, Martinez</i>	
	SESSION 3 3:00pm-4:30pm	PARENT RETREAT Parent Debriefing	Implementing Trauma Informed OT in Pediatrics: Outpatient and School Environments <i>Fettes</i>	Early Childhood Medical Trauma, Attachment, and Bonding <i>Land</i>
FRIDAY, OCTOBER 13	PLENARY SESSION 8:30AM - 10:00AM Psycho-Sensory Intervention Kim Barthel			
	SESSION 4 10:30am-12:00pm	Parenting in the Trauma Trenches <i>Davis Maxon</i>	Mind/Body Practices for Hope and Healing <i>Maynard</i>	Attachment and Trauma Therapy: Experiential Interventions <i>Levy</i>
	SESSION 5 1:00pm-2:30pm	Parenting and Educating the Traumatized Child: Forging a Partnership That Works <i>McCollister</i>	Reciprocity, Rhythm, and Regulation <i>Le Roux</i>	Complex Trauma, Dissociation and Adoption - Supporting Families and Avoiding Disruption <i>Gomez-Perales</i>
	SESSION 6 3:00pm-4:30pm	Family Matters: Engaging Families in Adolescent Treatment <i>Quigneaux & Dellorco</i>		
SATURDAY, OCTOBER 14	SESSION 7 8:30am-10:00am	Kinship Families: Supporting Inter-Generational Healing <i>Davis Maxon</i>	Family Connects Model: Engagement in Sensory and Attachment Rich Relationships <i>Woodruff, Salort, & Stavdal</i>	A Parent's Note to Therapists <i>Thomas & Williamson</i>
	SESSION 8 10:30am-12:00pm	Parenting from the Trenches: How our Family Finally Found Some Air <i>Northrop</i>	Neuroscience of Yoga in Helping Attachment and Healing <i>Brace</i>	The Relationship between Neurodiversity and Attachment in Teens and Young Adults <i>Grygla & Hinman</i>
	SESSION 9 1:00pm-2:30pm	Self-Compassion for Burned Out Parents <i>Gobbel</i>	Healing Movements <i>Lyons</i>	EMDR or Guided Imagery for Polyvagal and Spiritual Resourcing <i>Kestle</i>
	CLOSING KEYNOTE 3:00PM - 4:30PM The Power & Limitations of Resilience through Trauma Charles Hunt			

Advanced Clinical D	Multidiscipline E	Child Welfare F
OPENING KEYNOTE 8:30AM - 10:00AM Polyvagal Theory: A Science of Safety Dr. Stephen Porges OR Be the Difference: Saying Yes to Belonging is the Key to Unlocking Potential Gaelin Elmore		
The Brilliance of Attachment as Adaptations-Not Styles <i>Gobbel</i>	Living in the Deep End: Interventions for Children and Families Living with Attachment and Trauma Challenges <i>Le Roux & McMahon</i>	Advocating for Kids in the System <i>Nigliazzo</i>
Utilizing BSP and EFFT to Augment Each Other in Therapy <i>Nipper & Thomas</i>	Safe Relationships, Connection and Support after Human Trafficking and Complex Trauma <i>Bowman</i>	Strengthening Our Workforce with Trauma Informed, Resilience Oriented Care <i>Goldwater</i>
A Trauma Informed and Attachment Minded Approach to Psychological Evaluations <i>Scaccia</i>	Myths, Perceptions and Assessments of Youth with Problematic Sexual Behaviors <i>Minske</i>	Paths for Family Stability: Pre & Post Permanency Support for Resource & Adoptive Families <i>Pearsall</i>
PLENARY SESSION 8:30AM - 10:00AM Psycho-Sensory Intervention Kim Barthel		
From Insecure to Secure: Five Strategies For Changing an Individual Attachment Style <i>Huey</i>	Promoting Health and Ensuring Safety and Equity for LGBTQIA+ Youth <i>Downey & Pate</i>	Acculturation, Assimilation and Loss in our New Young Immigrant Population <i>Salcedo & Estrello</i>
Non-Violent Resistance Therapy (NVR): an Intervention for Parents of Children who Harm Family Members <i>Duhlberger, Blau, & Land</i>	Cultural Humility, Racial Trauma and Resilience <i>Fobbs & Pate</i>	It's All In Your Head - Incorporating Brain Science and Trauma-Focused Interventions in Child Welfare Practice <i>Parks, Frere, & Hodgins</i>
	Ambiguous Loss <i>Goldwater</i>	Choose Belonging for Youth in Care <i>Elmore</i>
NeuroAffectiveRelational Model (NARM) as an Effective Attachment Treatment Modality <i>Angel</i>	Trauma-Informed Conflict Management for Youth <i>Hilchey</i>	Forensic Attachment in Court <i>McMahon</i>
Consultation in Attachment Focused Treatment <i>Becker-Weidman, Clark, & Thibault</i>	There's A Path I Can Walk Down:" Preventing and Healing Birth Trauma for Lifelong Family Health <i>White</i>	Using NTI Training Resources to Support Culturally Competent Practice <i>Davis Brown & Maynard</i>
	The Elephant in the Room: Brainwave Dysregulation <i>Kosto</i>	Utilizing Hope Neuroscience to Improve Resiliency, Motivation, and Achievement <i>Beachboard</i>
CLOSING KEYNOTE 3:00PM - 4:30PM The Power & Limitations of Resilience through Trauma Charles Hunt		



10



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For 100 years, United Way of South Hampton Roads has been there to meet the needs of our community. And we're just getting started...

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EDUCATION



HEALTH



ECONOMIC
MOBILITY



CRISIS
RESPONSE

THURSDAY, OCTOBER 12

7:00 AM Registration
8:00 AM – 5:00 PM Exhibit Hall Open
8:30 AM – 10:00 AM Opening Keynotes: Dr. Stephen Porges or Gaelin Elmore
11:00 AM – 12:00 PM Session 1
12:00 PM – 1:00 PM Lunch (on your own)
1:00 PM – 2:30 PM Session 2
3:00 PM – 4:30 PM Session 3
3:00 PM – 4:30 PM Parent Debriefing
5:30 PM 35th Annual Celebration and Dinner Reception

CEs:

NASW: This program is Approved by the National Association of Social Workers (Approval # 886914008–8823) for up to 18 continuing education contact hours.

NBCOT: This program is approved by NBCOT for a maximum of 18 CE hours.

R. Cassidy Seminars: <https://attach.org/wp-content/uploads/2023/07/RCassidy-ATTACH-2023-Conference-CE-language.pdf>

Session 1 | 10:30 am – 12:00 pm

1&2G: Hope for Healing 101: Understanding Developmental Trauma and Attachment, Parent Track, 10:30 am – 2:30 pm with break, No CE Hours. In this conference-special mini-version of the popular intensive series offered by ATTACH year-round, you'll learn the basics about adult and child attachment patterns, survival mechanisms in the brain, behaviors associated with attachment difficulties and developmental trauma, and strategies for attachment-focused parenting and teaching. This session provides an excellent 101 foundation for those new to attachment and trauma, or refresher for others, allowing you to build upon this base as you attend other workshops throughout the conference. **Learning Objectives:** 1) Define Attachment; 2) Identify personal triggers for anger/fear/rejection; 3) Describe Window of Tolerance and arousal levels associated with survival mechanisms in the brain; 4) Describe the behaviors associated with Attachment difficulties and developmental trauma; 5) List three strategies of Attachment-focused parenting.

Sue Badeau, ATTACH Board Member, Trainer, Consultant, Parent, PA

1B: Trauma, The Effects on Sensory Integration, and Daily Life, Sensorimotor/OT Track, 1.5 CE Hours. Identifying and understanding the why behind problem behaviors is the key to helping children thrive. This workshop will target how trauma affects the development of neurological pathways and can affect sensory integration. Bridging the gap between trauma, the fight/flight/freeze response, and the difficulty associated with creating adaptive responses. Participants will hear real-life examples of the effects of trauma, gain strategies to help de-escalate trauma responses and create a dynamic course based on current life events. **Learning Objectives:** 1) Define trauma and sensory integration; 2) Identify 3-5 "behaviors" that a child will exhibit prior to having a fight/flight/freeze response; 3) Identify and practice 3-5 strategies to help de-escalate a trauma response; 4) Utilize tangible documents that can be shared with the families that they serve in the community.

Sheena Patel, MOT R/L, Clinical Director of Flourishing Lives, MI

1&2C: Techniques for Healing Attachment Trauma Through an Interpersonal Neurobiology Lens, Intermediate Professional Track, 10:30am – 2:00pm with break, 3 CE Hours. This workshop will provide professionals with techniques and tools for healing attachment trauma through the lens of interpersonal neurobiology. Exercises are provided for; identifying patterns and shifting toward inner security, as well as helping them develop more integration and emotional regulation skills. These clinically useful strategies are evidence based. **Learning Objectives:** 1) Describe, using cutting edge neurobiological research, how clients can rewire their brains to feel more secure; 2) Apply step by step guidelines for how to help clients develop a coherent narrative for their life; 3) Discuss a framework for helping clients resolve childhood traumas; 4) Apply healthy emotional regulation skills; 5) Assess a clients attachment orientation.

Dr. Lisa Firestone, PhD, Psychologist, The Glendon Association, CA

1D: The Brilliance of Attachment as Adaptations-Not Styles, Advanced Clinical Track, 1.5 CE Hours. Attachment adaptations are brilliant and adaptive, but they aren't without cost. This exploration into the neurobiology of attachment will deepen attendees' conceptualization of attachment-based behavior, inviting clients and clinicians to be with their various streams of attachment with curiosity and compassion. Attendees will be introduced to concepts from memory reconsolidation theory to create a roadmap for how attachment really heals. **Learning Objectives:** 1) Identify client attachment behaviors through the lens of regulation theory; 2) Describe the parent/child experiences that can develop into three different attachment adaptations (anxious, avoidant, and disorganized); 3) Utilize memory reconsolidation theory to create opportunities for how insecure attachment heals.

Robyn Gobbel, LMSW Clinical, MI

1E: Living in the Deep End: Interventions for Children and Families Living with Attachment and Trauma Challenges, Multidiscipline Track, 1.5 CE Hours. Strategies and Interventions will be approached from two different perspectives. OT/Sensory and Family Therapy will encompass an inclusive discussion of the body, the brain and sensory processing. This is not a theoretical discussion but a practical, one, designed to leave participants with some take home ideas for their own families or practice groups. It will be a conversational approach with Q and A from participants. **Learning Objectives:** 1) Extrapolate the feelings of anger, despair or rage that parents express as part of their journey so helpers could remain compassionate; 2) Formulate 3 important gains from attachment science that informs useful interventions; 3) Describe the contribution of 8 sensory processing systems that supports body-based interventions; 4) Summarize at least 5 take-home strategies that can be implemented without delay.

Maude Le Roux, OTR/L, SIPT, DIR/Floortime Expert Training Leader, PA
Deena McMahon, MSW, Faily/Adoption Trauma Specialist, MN

1F: Advocating for Kids in the System, Child Welfare Track, 1.5 CE Hours. The foster care system is designed to protect with a goal to heal. However, unfortunately, the system can further traumatize. Learn to advocate for practices that encourage attachment rather than exacerbate trauma. **Learning Objectives:** 1) Identify current practices that exacerbate trauma and attachment difficulties; 2) Practice advocacy techniques for the needs of children in the system; 3) Recite specific interventions they can seek which will benefit the children they represent; 4) Summarize actual case examples illustrating the power of a knowledgeable and trusted child advocate; 5) Identify methods to maximize effectiveness in the child protective system as part of a child's team.

Michele K. Nigliazzo, Attorney for Children, TX

1&2G: Why Do Children Act Like This? and What can I Do About it?, Introductory Track, 10:30 am - 2:30 pm with break, No CE Hours. In this conference-special mini-version of the popular intensive series offered by ATTACH year-round, you'll learn the basics about adult and child attachment patterns, survival mechanisms in the brain, behaviors associated with attachment difficulties and developmental trauma, and strategies for attachment-focused parenting and teaching. This session provides an excellent 101 foundation for those new to attachment and trauma, or refresher for others, allowing you to build upon this base as you attend other workshops throughout the conference. **Learning Objectives:** 1) Define Attachment; 2) Identify personal triggers for anger/fear/rejection; 3) Describe Window of Tolerance and arousal levels associated with survival mechanisms in the brain; 4) Describe the behaviors associated with Attachment difficulties and developmental trauma; 5) List three strategies of Attachment-focused parenting.

Sue Badeau, ATTACH Board Member, Trainer, Consultant, Parent, PA

Session 2 | 1:00 pm – 2:30 pm

2B: Perceptions and Reflections on Trauma Sensitive Practices in Occupational Therapy, Sensorimotor / OT Track, 1.5 CE Hours. This session will lead a discussion focused on OT practitioners' role in trauma sensitive care through sharing findings from a recent qualitative research study. Reflective themes emerged: common challenges, areas clinicians wished they had more knowledge, the role of trauma on development, and the prevalence of trauma across practice settings. **Learning Objectives:** 1) Describe on barriers and strengths that OT practitioner's face when working with children and families with trauma histories; 2) Review resources and personal experiences to support the needs of this population within our scope of practice; 3) Practice activities to support OT interventions with this population.

Lara Taggart, Ed.D., ORT/L, ChildHelp, AZ

Kelly Moritz, OTD, OTR/L, ChildHelp, AZ

Erika Miller, OTD, OTR/L

Jenaye Martinez, OTDS (Student)

2D: Utilizing BSP and EFFT to Augment Each Other in Therapy, Advanced Clinical Track, 1.5 CE Hours. Exploration of how to use diverse but complementary emotion focused therapy modalities of Brainspotting (direct neurowork) and Emotional Focused Family Therapy, to support emotional reconnection, and relational bridging, while attending to and de-energizing the relational attachment wounds, that correspond to relational trauma, but often block relational healing of attachment. **Learning Objectives:** 1) Explain the use of EFFT and BSP approaches for combined approach to address relational wounds; 2) Distinguish different approaches and set up for BSP to augment EFT; 3) Identify and utilize tools to address relational wounds that block attachment bonding.

James Nippert, MA, LMFT, Deschutes Wilderness Therapy, OR

Amanda L. Thomas, MPhEd, LMFT, Integrative Approach, ID

2E: Safe Relationships, Connection and Support after Human Trafficking and Complex Trauma, Multidiscipline Track, 1.5 CE Hours. Survivors of trafficking experience a wide range of traumatic experiences which often impact a sense of safety in relationships. In this interactive workshop, participants will learn how to support survivors of complex trauma in clinical, child welfare, and workplace settings. Specific areas covered are trauma triggers and supportive responses, boundary setting, and attachment approaches to professional relationships. **Learning Objectives:** 1) Explain how sex trafficking can impact relationships; 2) Define complex trauma and the impact on relationships (clinical, professional, personal); 3) Apply attachment frameworks to workplace relationships with survivors; 4) Apply attachment frameworks to clinical relationships with survivors.

M. Elizabeth Bowman, PhD, LICSW, LCSW, LCSW-C, Gallaudet University and Restoring Ivy Collective, MD

2F: Strengthening Our Workforce with Trauma Informed, Resilience Oriented Care, Child Welfare Track, 1.5 CE Hours. Understanding the etiology and impact of trauma on child welfare professionals is critical to a healthy workforce and positive client outcomes. The workplace environment is a key component of the stability and well-being of staff. This program provides elements of a trauma informed resilience-oriented model designed to strengthen workforce engagement. **Learning Objectives:** 1) Summarize the impact and implications of trauma on child welfare professionals; 2) summarize the key elements of a Trauma Informed Resilience Oriented Equitable Organization / Culture; 3) Explain the direct impact that a workplace culture that enhances and strengthens the stability and well-being of staff; 5) Utilize the key principles of this model to reflect upon your own workplace and get ideas for positive change.

Janice Goldwater, LCSW-C, CEO Adoptions Together, MD

Shirley Crenshaw,
MSW, LCSW

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Session 3 | 3:00 pm – 4:30 pm

3B: Implementing Trauma Informed Occupational Therapy in Pediatrics: Outpatient and School Environments, *Sensorimotor/OT Track*, 1.5 CE Hours. This workshop will explore practical strategies of implementing trauma informed care in pediatric occupational therapy across a variety of settings, including the outpatient and school environments. In order to have a paradigm shift and increase trauma responsiveness, awareness and educating stakeholders, parents, staff and coworkers needs to happen. Discussion of steps to do this and outcomes will be explored. **Learning Objectives:** 1) Define Trauma Informed/Responsive approach to Occupational Therapy; 2) Define strategies to transition from a compliance-based approach in Occupational Therapy treatment to a trauma informed or responsive approach; 3) Name 3 occupational therapy frames of reference to use in a trauma informed approach to OT; 4) Evaluate trauma informed and responsive approach strategies and interventions to use in Occupational Therapy practice.

Tara A. Fettes, MS, OTR/L, BCP, Occupational Therapist Certified in Pediatrics, Therapy Advances Function, LLC, NJ

3C: Early Childhood Medical Trauma, Attachment, and Bonding, *Intermediate Professional Track*, 1.5 CE Hours, Parents try very hard to keep their children safe, comfortable and happy. What happens when young children require repeated, painful and frightening medical treatment and procedures and their parents are necessary supports to those procedures. In this workshop, we will explore some of the potential effects of medical trauma on attachment and bonding. Mary-Jo will share some strategies that have helped some families regain trust and reduce fears. **Learning Objectives:** 1) Describe potential effects of early childhood medical trauma on the child's attachment patterns; 2) Describe potential effects of early childhood medical trauma on parental bonding; 3) List practical and therapeutic strategies for supporting these families.

Mary-Jo Land, Registered Psychotherapist, ON, Canada

3D: A Trauma Informed and Attachment Minded Approach to Psychological Evaluations, *Advanced Clinical Track*, 1.5 CE Hours. Psychological evaluations have a history of being sterile, removed, and opaque. Utilizing the Neurosequential Model of Therapeutics (NMT), we have adapted the content, frequency, and approach to testing sessions to be trauma informed, client centered, and educational. The Therapeutic Assessment Model, too, creates a process that is collaborative, transparent, and relationally therapeutic for children and their caregivers. **Learning Objectives:** 1) Describe how the Neurosequential Model of Therapeutics influences the understanding of developmental trauma on current behaviors; 2) Identify how therapeutic assessment is different than a more commonly seen approach to psychological evaluations and how they might integrate that into their own practice; 3) Utilize a case study to apply relational aspects of assessment to gain more comprehensive results.

Jamie Scaccia, PsyD, FamilyForward, MO

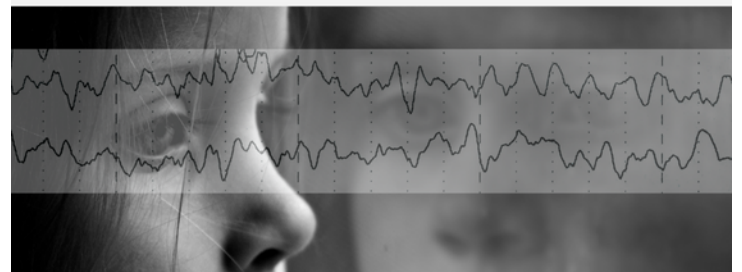
3E: Myths, Perceptions and Assessments of Youth with Problematic Sexual Behaviors, *Multidiscipline Track*, 1.5 CE Hours. This workshop is to help understand the myths, perceptions and needs of youth that exhibit inappropriate sexual behaviors. It also address's what is normal development and when the behavior is unhealthy in which treatment or counseling should be sought. **Learning Objectives:** 1. Identify what is part of normal sexual development and when it is not 2. List the perceptions and stigma related to inappropriate sexual behavior so they can better understand the child's needs 3. Recommend assessment and treatment options.

Paula Minske, MS, LMFT, Nexus Family Healing, MN

3F: Paths for Family Stability: Pre & Post Permanency Support for Resource & Adoptive Families, *Child Welfare Track*, 1.5 CE Hours. Strengthening the foundation of families through a comprehensive approach is key to family stability. During this workshop we will examine the role of parental self-reflection, using somatic approaches to stay in the window of tolerance, and enhancing attachment through connection. **Learning Objectives:** 1) Discuss the impact of trauma and loss on each member of the permanency constellation; 2) Analyze the tenets of cultural humility and its importance in supporting families; 3) Discuss the impact of self-reflection on connection and attachment; 4) Describe the clinical framework used in supporting parents and its benefits.

Delois A. Pearsall, LCSW-C, LCSW, Adoptions Together, MD

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7:00 AM Open Yoga Class
7:30 AM Registration
8:00 AM – 5:00 PM Exhibit Hall Open
8:30 AM – 10:00 AM Plenary: Kim Barthel or Chauncey Strong
10:30 AM – 12:00 PM Session 4
12:00 PM – 1:00 PM Lunch (boxed lunches provided) | Youth Panel
1:00 PM – 2:30 PM Session 5
3:00 PM – 4:30 PM Session 6
4:45 PM – 5:30 PM Parent Debriefing
6:00 PM – 8:00 PM Parent Night

CEs:

NASW: This program is Approved by the National Association of Social Workers (Approval # 886914008-8823) for up to 18 continuing education contact hours.

NBCOT: This program is approved by NBCOT for a maximum of 18 CE hours.

R. Cassidy Seminars: <https://attach.org/wp-content/uploads/2023/07/RCassidy-ATTACH-2023-Conference-CE-language.pdf>

Session 4 | 10:30 am – 12:00 pm

4A: Parenting in the Trauma Trenches, *Parent Track*, No CE Hours.

An understanding of attachment, trauma, and the Seven Core Issues enables parents and professionals to better address the complex challenges and feelings that a child may experience and provide a roadmap to explore the complexities built into adoption / permanency. Explore to gain insight as well as get useful tools and strategies to promote understanding and healing. This workshop is for parents of traumatized children as well as the professionals who support them. **Learning Objectives:** 1) Identify own core issues based on the theoretical framework of the seven core issues in adoption and permanency; 2) Practice the pause when they are emotionally triggered during an interaction with their child; 3) Utilize a brain-based approach when their child is dysregulated; 4) Identify their own losses connected to adoption/permanency; 5) Explore own emotional triggers.

Allison Davis Maxon, LMFT, National Center on Adoption and Permanency, CA

4B: Mind / Body Practices for Hope and Healing, *Sensorimotor / OT Track*, 1.5 CE Hours.

Trauma affects our bodies and connection to ourselves and others. Research supports approaches focusing on well-being for healing, recognizing wounds are held deep within the body, and to fully heal, treatment must include somatic elements and attachment work. We will explore trauma's impact, offering mind/body practices and evidence-based interventions. **Learning Objectives:** 1) Name 3 ways trauma impacts the mind, body and spirit; 2) identify at least 2 somatic techniques to help children heal from trauma; 3) demonstrate a knowledge of mind/body skills as well as tools embedded in NTI.

Lisa Maynard, LMSW, Center for Adoption Support and Education (C.A.S.E), MD



4C: Attachment and Trauma Therapy: Experiential Interventions, *Intermediate Professional Track*, 1.5 CE Hours.

Attachment and trauma experiences affect the wiring and chemistry of the brain, create core beliefs and narratives, cause painful and frightening emotions, and form the template for future relationships. Experiential interventions, employed in a safe, sensitive and supportive manner, can facilitate positive change and healing. Therapy videos will illustrate experiential interventions to create secure attachments and heal trauma in children and adults. **Learning Objectives:** 1) Describe the experience-dependent nature of attachment and trauma regarding brain development and psychosocial functioning; 2) Demonstrate experiential interventions, via clinical videos, which mitigate emotional, cognitive, social and physical symptoms of trauma and attachment-related conditions; 3) Explain how traumatized children and adults can achieve resilience and go from victim to overcomer.

Terry M. Levy, Ph.D., B.C.F.E., Director, Evergreen Psychotherapy Center, CO

4D: From Insecure to Secure: Five Strategies for Changing an Individual Attachment Style, *Advanced Clinical Track*, 1.5 CE Hours.

This workshop starts with an assumption that having a secure attachment style is preferable to any other. Anxious, Avoidant, and Disorganized attachment styles are dysfunctional in many respects. These attachment styles can be moved to secure attachment with specific interventions to be outlined in this presentation. **Learning Objectives:** 1) Describe the hallmarks of each of the four attachment styles; 2) Relate the four parts of a successful guided imagery session; 3) Explain own attachment style and describe its impact in their life.

Ken Huey, PhD, Havenwood Academy, UT

4E: Promoting Health and Ensuring Safety and Equity for LGBTQIA+ Youth, *Multidiscipline Track*, 1.5 CE Hours.

This training will enhance the participant's ability to ensure the health and safety of LGBTQIA+ youth through a perspective of cultural humility. Participants will develop a stronger understanding of the social inequities and health disparities within this community, as well as the effects of minority stress, family acceptance and rejection. **Learning Objectives:** 1) State 3 LGBTQIA+ related health disparities; 2) List 3 types of stress associated with the Minority Stress Theory; 3) State 2 Guidelines of Transgender-affirming care; 4) State the impact of family rejection and family acceptance on LGBTQIA+ youth.

Cindy Downey, MPA, CD-L, Centene, KY

Gary Pate, LCSW, Centene, IL

4F: Child Welfare

Acculturation, Assimilation and Loss in our New Young Immigrant Population, 1.5 CE Hours. In this workshop we will explore and look at the different styles of attachment in our immigrant youth, we will look at the loss and grief immigrant youth experience with the trauma of loss of not having a secure attachment relationship. **Learning Objectives:** 1. Differentiate cultures of immigrant youth; 2. List at least 2 ways to help immigrant youth cope and adjust to new secure attachment styles; 3. Explain the need for foster care placement for immigrant youth; 4. Express the issues immigrant youths face when received by a trained foster family; 5. Identify 3 ways to develop a secure therapeutic attachment relationship with immigrant youth being considered for foster care placements.

Araceli Salcedo, LPC-S, *Sunshine's Counseling, TX*

Priscilla Estrello, MSW, LCDC-I, CBTT, LMSW, *Southwest Key Program (Shelter for Youth), TX*

NOON - 1:00PM | Lived Experience Youth Panel

Voices of Resilience - Understanding the Journey - A Panel Discussion, No CE Hours

Grab your boxed lunch and join us for a panel discussion on the lived experiences of former foster youth.

Melvin Roy

Erica Babino

Paris Barrett-Lundy

Session 5 | 1:00 pm – 2:30 pm

5A: Parenting and Educating the Traumatized Child: Forging a Partnership That Works, *Parent Track*, No CE Hours. This workshop will provide insight into the neuroscience behind brain development, its impact on academics, and how parents, teachers, and most importantly, students, can find ways to thrive. Learning is a challenge if the nervous system is not regulated; memory processing, working memory capacity, executive functioning, and more can be impacted by brains suffering the effects of trauma. There can be no home versus school mentality when seeking to meet the academic needs of students; understanding the overlap and how to meet those needs is critical for all parties involved in the lives of students. **Learning Objectives:** 1) Analyze the impact of trauma on brain development and learning; 2) Distinguish how trauma manifests in the class and how that can impact student learning and behaviors seen in academic settings; 3) Create a plan of reflection for moving forward to bridge the gap between home and school to facilitate effective learning paths.

Tairen McCollister M.Ed, M.A., CH, DE

5 & 6B: Reciprocity, Rhythm, and Regulation, Sensorimotor / OT Track, 1:00 pm - 4:30 pm with break, 3 CE Hours. Join us for a practical lab experience of intervention activities supporting trauma informed care. We will include some theory on OT intervention, but the focus would be on experiencing activities that could support any budget. **Learning Objectives:** 1) Identify 5 leading principles of intervention in trauma informed care; 2) Differentiate between therapist, parent and child agenda during an intervention session; 3) List 20+ Intervention activities that supports the inclusion of trauma informed care; 4) Describe the art of "presence" and therapeutic "use of self" in trauma informed care; 5) Explain the importance of relationship in planning effective OT intervention.

Maude Le Roux, OTR/L, SIPT, DIR/Floortime Expert Training Leader, *Maude Le Roux Academy, PA*

5 & 6C: Intermediate Professional

Complex Trauma, Dissociation and Adoption - Supporting Families and Avoiding Disruption, *Intermediate Professional Track*, 1:00 pm - 4:30 pm with break, 3 CE Hours. The belief that children are not affected by early events combined with a narrow definition of "trauma" and a poor understanding of attachment has created a kind of "adoption trauma blindness". Many of these children experience symptoms of complex-trauma, including dissociation. This workshop examines adoption trauma and directions for treating children and supporting families. **Learning Objectives:** 1) Identify factors that contribute to adoption breakdown; 2) Discuss the impacts of adoption challenges, disruptions and breakdowns on adoptees and adoptive families; 3) Assess the specific impacts of pre and post adoption challenges for specific children and families; 4) Identify the impact of dissociation on the adaptation of adopted children; 5) Apply new techniques and interventions in supporting adopted children's integration into their families.

Niki Gomez-Perales, M.S.W., R.S.W., *Child and Adolescent Trauma Therapist, ON*

5 & 6D: Non-Violent Resistance Therapy (NVR): an intervention for parents of children who harm family members, *Advanced Clinical Track*, 1:00pm-4:30pm with break, 3 CE Hours. In this workshop, findings of the National Consortium on Aggression towards Family / Caregivers in Childhood and Adolescence (AFCCA) will be presented. Non-Violent Resistance therapy (NVR) for parents as a therapeutic modality to support families experiencing aggression towards parents or caregivers will be discussed with a presentation of the beginnings of the NVR journey for a foster / adoption agency in Virginia and the wider goal of building community awareness of AFCCA. **Learning Objectives:** 1) Describe AFCCA and current state of knowledge and service supports in North America; 2) Describe the basic tenets of NVR therapy and practice; 3) List 7 overarching phases of NVR therapy; 4) List 3 indications and 3 contraindications for NVR therapy; 5) List 5 tools specific to NVR therapy in families experiencing AFCCA.

Dan Duhlberger, *Marital and Family Therapist & Clinical Supervisor, Center for NVR Therapy and Practice, University of Calgary, AB*

Melissa Blau, LCSW, *DePaul Community Resources, VA*

Mary-Jo Land, *Registered Psychotherapist, ON, Canada*

5E: Cultural Humility, Racial Trauma and Resilience, *Multidiscipline Track*, 1.5 CE Hours. This training describes the components of cultural humility and explores racial microaggressions, oppression and discrimination and how these adverse childhood experiences and adverse community experiences can result in racial trauma/race-based traumatic stress. Understanding resilience from a systems viewpoint suggests that building resilience requires interventions with individuals, caregivers and other adults and the community. **Learning Objectives:** 1) Identify 3 dimensions of cultural humility; 2) Articulate the difference between explicit and implicit biases; 3) List 3 components of adverse community experiences; 4) Define race-based traumatic stress; 5) Identify 2 strategies that can help address racial trauma.

Gloria Fobbs, LMSW, Centene, TX

Gary Pate, LCSW, Centene, IL

5F: It's All In Your Head-Incorporating Brain Science and Trauma-Focused Interventions in Child Welfare Practice, *Child Welfare Track*, 1.5 CE Hours. This interactive workshop will share the basics of brain development with specific focus on how it is impacted by trauma and adversity. This is the work of Dr. Bruce Perry and the Neurosequential Network. Presenters will provide ideas for small, therapeutic interventions, based on TBRI and neurosequential principles, that promote healthy brain re-organization and healing. **Learning Objectives:** 1) Identify which areas of the developing brain are most impacted by adverse experiences in the early years of life; 2) Recognize how early trauma manifests in behaviors seen in later childhood and adolescence; 3) Identify several 'micro-interventions' to easily weave into work with children that help reorganize the child's brain in healthy, relationally rich ways.

Holly Parks, LCSW, Casey Family Programs, TX

Amy Frere, LMSW-IPR, Casey Family Programs, TX

Lori Hodgins, M.Ed, Casey Family Programs, TX

Session 6 | 3:00 pm – 4:30 pm

6A: Family Matters: Engaging Families in Adolescent Treatment, *Parent Track*, No CE Hours. This presentation will emphasize and explore the critical role of family engagement in adolescent behavioral healthcare treatment. We will review research on the efficacy of family involvement, as well as discuss challenges of family system engagement. We will also examine clinical theories and methods that promote family connection and recovery. **Learning Objectives:** 1) Explain the importance of family engagement; 2) Develop skills for all family members to remain actively engaged in the treatment process; 3) Develop Increased awareness and impact of family dynamics; 4) Address the intersectionality of cultural factors that impact the treatment experience.

Samantha Quigneaux, LMFT, National Director of Family Therapy Services, Newport Healthcare, CT

Meredith Dellorco, LCSW, Family Therapy Specialist, Newport Healthcare, CT

6E: Understanding Ambiguous Loss and Navigating Ambiguous Grief, *Multidiscipline Track*, 1.5 CE Hours. Ambiguous loss is loss that may appear unclear and feel like something invisible has been taken. Ambiguous grief emerges after the loss and is often misunderstood. This workshop introduces the concept of ambiguous loss, the resulting ambiguous grief and offers a framework for understanding and providing strategies for healing. **Learning Objectives:** 1) Define Ambiguous Loss and identify its characteristics and forms; 2) Identify how and where ambiguous loss shows up in our own lives and those we serve; 3) Define ambiguous grief and list 4 signs of it and strategies to manage the unique challenges posed by its ambiguity; 4) Recite at least four clinical tools that can be utilized to prevent and manage the impact of Ambiguous Grief

Janice Goldwater, LCSW-C, CEO Adoptions Together, MD

6F: Choose Belonging for Youth in Care, *Child Welfare Track*, 1.5 CE Hours. We are all on our own journey to belong to a family, a group of people, or both. What separates foster youth from everyone else is that their most immediate and safest bet to belong (their family) is no longer available to them for one reason or another. In this breakout, while continuing off the CARE model, we will work to obtain a baseline understanding of belonging and begin brainstorming ways to implement belonging for youth in care. **Learning Objectives:** 1) Explain the importance of belonging for long term development; 2) Identify the belonging gap that youth who experience trauma face; 3) Identify at least 3 ways that belonging may be or may not be present in current practices; 4) Describe the difference between belonging and permanency; 5) Summarize the CARE model and how it can help adults provide belonging.

Gaelin Elmore, National Keynote Speaker, Belonging Champion, Former Foster Youth, MN



7:00 AM Open Yoga Class
 7:30 AM Registration
 8:00 AM – 3:00 PM Exhibit Hall Open
 8:30 AM – 10:00 AM Session 7
 10:30 AM – 12:00 PM Session 8
 12:00 PM – 1:00 PM Lunch (on your own)
 1:00 PM – 2:30 PM Session 9
 3:00 PM Exhibit Hall Closes
 3:00 PM – 4:30 PM Closing Keynote: Charles Hunt

CEs:

NASW: This program is Approved by the National Association of Social Workers (Approval # 886914008-8823) for up to 18 continuing education contact hours.

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R. Cassidy Seminars: <https://attach.org/wp-content/uploads/2023/07/RCassidy-ATTACH-2023-Conference-CE-language.pdf>

Session 7 | 8:30 am – 10:00 am

7A: Kinship Families: Supporting Inter-Generational Healing, Parent Track, No CE Hours. We take the time to discuss how Kinship Foster Care is different from Community Foster Care due to pre-existing relationship, family dynamics and pre-existing family systems. We dive deep into the changes in relationships. We discuss the impact of kinship care giving on all parts of the family including the visible and invisible impacts. We discuss how we can be aware and use techniques to deal with these impacts. **Learning Objectives:** 1) Define complex issues requiring training, support, resources; 2) How to assist kinship givers; 3) Utilize a permanency focused, trauma-informed psychoeducational model; 4) Address 7 core issues in Kinship Families

Allison Davis Maxon, LMFT, National Center on Adoption and Permanency, CA

7B: Family Connects Model: engagement in sensory and attachment rich relationships, Sensorimotor / OT Track, 1.5 CE Hours. Participants will discover the effectiveness of an integrated approach that builds capacities for healthy and safe relationships and meets the sensory and regulation needs of children impacted by complex trauma. Family Connects is a collaboration of sensory informed OTs and mental health professionals. **Learning Objectives:** 1) Define what each profession brings to treatment for children and families experiencing the effects of complex trauma; 2) Identify the structure of the Family Connects model: weekly group sessions, parent consultations, and family therapy; 3) Name three or more elements that make the Family Connects model effective; 4) Specify one or more specific interdisciplinary interventions to support families impacted by complex trauma.

Meg Woodruff, LMFT, New England Center for Family Connection, MA
Melanie Salort, OTR/L, New England Center for Family Connection, MA
Jaymie Stավdal, MS, OTR/L, MA

7C: A Parent's Note to Therapists, Intermediate Professional Track, 1.5 CE Hours. Attachment is about human connection. For children to heal, the parents must be an integral part of the work. This workshop focuses on the clinician being a safe haven for parents, creating a therapeutic clinician-parent relationship. This empowers parents to be at the center of the attachment-focused work. **Learning Objectives:** 1) List three reasons parents may feel alienated in therapy; 2) Develop a plan for felt-safety between parent and clinician; 3. Practice including parents and identifying them as an integral part of the therapeutic process.

Lori Thomas, LPC, Emmaus Family Counseling Center, VA
Brittney R. Williamson, M.Ed., Virginia Department of Counseling, VA

7D: NeuroAffectiveRelational Model (NARM) as an Effective Attachment Treatment Modality, Advanced Clinical Track, 1.5 CE Hours. A NARM is a cutting-edge model for addressing attachment, relational and developmental trauma, by working with the attachment patterns that cause life-long psychobiological symptoms and interpersonal difficulties. These early, unconscious patterns of disconnection deeply affect our identity, emotions, physiology, behavior and relationships. Learning how to work simultaneously with these diverse elements is a radical shift that has profound clinical implications for healing complex trauma. **Learning Objectives:** 1) Summarize the NARM Model; 2) Summarize the five adaptive survival strategies; 3) Practice NARM interventions to allow self to increase meaningful connections to self.

Adam Angel, LICSW, MSW, NCC, Dads With Wisdom (DWW) and The Healing Instinct (THI), MD

7E: Trauma-Informed Conflict Management for Youth, Multidiscipline Track, 1.5 CE Hours. Kathleen has worked in outdoor education, in schools, and recreation centers. One constant through her career is that the root of many conflicts involve trauma. You will leave this session with some practical tools to help youth in conflict to soothe their systems, find their voices, and problem solve creatively. **Learning Objectives:** 1) Identify the role of trauma in processing the trauma and finding effective solutions; 2) Question punitive responses to conflict; 3) State why creating spaces for youth in conflict promotes successful conflict resolution; 4) Explain how allowing student voice can help in conflict management; 5) Demonstrate creative and successful solutions to conflict through use of student voice.

Kathleen Hilchey, B.Ed, M.Ed, Q.Med, Third Way Conflict Specialists, ON, Canada

7F: Forensic Attachment in Court, Child Welfare Track, 1.5 CE Hours. This workshop presents ideas and specific questions that need to be considered when assessing parenting capacity. Discussion will include prognostic indicators that factor into making final recommendations for permanency and child safety. Assessing components of parent/child attachment is a critical feature of a parental capacity study and will also be included in this workshop. **Learning Objectives:** 1) Explain how to effectively interview the client; 2) Describe how to observe and document the most crucial components of parent/child attachment; 3) List methods to ensure the written document is evidenced based and will be accepted by the court; 4) Increase awareness of evidence that the court relies on in terms of testimony; 5) Develop a process the court will find evidence based, to present professional findings.

Deena McMahon, Family Therapist, MSW, LICSW, MN

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— Dr. David Brodzinsky



Professor Emeritus of clinical and developmental psychology at Rutgers University. Founding Director and former Lead Researcher for the Evan B. Donaldson Adoption Institute, the largest adoption-research body in the United States. Co-author: *Being Adopted: The Lifelong Search for Self*

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TREATING DEVELOPMENTAL TRAUMA AND ATTACHMENT IN CHILDREN (TDTAC)

COURSE OVERVIEW

Treating Developmental Trauma and Attachment in Children (TDTAC) is a live, online, 80-hour, post-graduate level course for mental health professionals in the fields of child welfare, children's mental health and adoption/permanency. The course consists of 44 hours of self-directed learning of resources that will be provided, 30 hours of live virtual class, and 6 hours of knowledge implementation classes. TDTAC combines the recent research on Interpersonal Neurobiology with the physiological and relational practices. After completion, participants will be eligible to register as an ATTACH mental health clinician.

WHAT YOU WILL LEARN

- Current schools of thought and research on childhood developmental trauma through the lenses of attachment and trauma.
- Terminologies including Developmental Trauma and ACES
- Attachment theory and theories of trauma
- Interpersonal neurobiology
- Current psychotherapeutic modalities and techniques including on sensory, somatic, and brain-based traumagenic differences.
- Scan the QR code for detailed learning objectives and agenda





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Session 8 | 10:30 am – 12:00 pm

8A: Parenting from the Trenches: How our Family Finally Found Some Air, Parent Track, No CE Hours. Attempts to parent our 4 transracially adopted children beat us up for 17 years. Countless “specialists” shamed us and gave us outdated and unhelpful advice. Thankfully, we found a new approach to parenting children from tough backgrounds and had huge improvements. I would like to share my new insights with you! **Learning Objectives:** 1) Briefly explain the impact of trauma on the brain, nervous system, and body, and how this can impact a child’s behavior; 2) Describe potential solutions for some of the challenges faced by families who struggle to parent children from tough backgrounds; 3) List at least seven techniques that one can use to improve the daily life of stressed families.

Babette Rielly Northrop, MS, BRN Therapeutics, OH

8B: Neuroscience of Yoga in Helping Attachment and Healing, Sensorimotor / OT Track, 1.5 CE Hours. This workshop will explain the science behind yoga and how it impacts the nervous system. It will also teach simple yoga poses and games for children, families and professionals. **Learning Objectives:** 1) Explain how yoga may be used therapeutically or in assistance of attachment bonding; 2) Recite polyvagal theory and regulation; 3) Demonstrate at least 3 poses / practices / games to use with children to help regulation; 4) Practice an experience of physical regulation using yoga; 5) Demonstrate leading yoga games.

Darlene Brace, LCSW, LAC, ACS, RYT, CATP, CAIS, Authentic Healing, CO

8C: The Relationship between Neurodiversity and Attachment in Teens and Young Adults, Intermediate Professional Track, 1.5 CE Hours. The quality of the attachment relationship acts as a protective factor or as a risk factor for emotional and behavioral functioning for people who have an ASD diagnosis. Teens and young adults who are neurodivergent have more attachment distress. This presentation will discuss the comorbidity of attachment trauma and neurodiversity. The bidirectional relationship will be explored along with treatment implications. **Learning Objectives:** 1) Analyze the intersection and relationship of attachment and neurodiversity / autism; 2) Demonstrate the role of attachment in supporting functioning and development in neurodivergent/autistic teens and adults; 3) Identify intervention and treatment implications that mitigate issues from the compounding relationship of neurodiversity and attachment.

Jason Grygla, LCMHC, CAGS, TechieForLife, UT

Jack Hinman, Psy.D., Engage Young Adult Transitions, UT

8 & 9D: Consultation in Attachment Focused Treatment, Advanced Clinical Track, 3 CE Hours. Join this consultation workshop and present your case / DVD for discussion within the framework of attachment-focused therapy and receive group consultation. This workshop is open to graduates of ATFT and TDTAC, and those clinicians engaged in certification in Dyadic Developmental Psychotherapy. Phases of treatment and the differential use of components will be presented during case discussion. DVD’s, demonstrations, and role-playing will be used. Those wanting to present, contact Dr. Becker-Weidman two weeks before the workshop (more information will be provided after registration).

Learning Objectives: 1) Discuss the application of Dyadic Developmental Psychotherapy principles and components in clinical work; 2) Practice principles of Attachment-Focused Family Therapy; 3) Describe how to use the principles, components, and the phases of treatment in clinical work; 4) Demonstrate use of Attachment-Focused Treatment principles and components; 5) Revise treatment plans to consider the phase of treatment and the differential use of components of DDP treatment.

Arthur Becker-Weidman, PhD, Director, Center for Family Development, FL

Craig W. Clark, LMFT, MA, Clinical Psychology, Owner/Clinical Director, Attachment Center of Monterey Bay, CA

Norman E. Thibault, PhD, LMFT, CEO & Founding Owner, Three Points Center, UT

8E: "There's A Path I Can Walk Down:" Preventing and Healing Birth Trauma for Lifelong Family Health, Multidiscipline Track, 1.5 CE Hours. With at least one third of birthing families reporting their births as traumatic, and as many as 45% reporting traumatic elements, preventing and healing birth trauma needs to be a part of trauma-informed care. This presentation will give participants skills and approaches for helping families recover from difficult births so they can thrive. **Learning Objectives:** 1) Identify indicators of and contribution to birth trauma in the US; 2) Describe autonomic nervous system responses to threat and stress and apply them to understanding birth trauma; 3) Correlate birth trauma symptoms and maternal mental health; 4) Utilize 5 practitioner skills to help heal birth trauma with families; 5) Define three first-step for families to recover from difficult births.

Kate White, MA, BCBMT, RCST, CEIM, SEP, PPNE, PLC, Center for Prenatal and Perinatal Programs, VA



Teaching the World to Heal

8F: Using NTI Training Resources to Support Culturally Competent Practice, *Child Welfare Track*, 1.5 CE Hours. This highly interactive workshop will focus on the content and core learnings in the module: How Race, Ethnicity, Culture, Class and Diversity Impact the Adoption and Guardianship Experience and Mental Health Needs of Children from the free, web-based National Adoption Competency Mental Health Training Initiative (NTI) for Child Welfare and Mental Health Professionals. **Learning Objectives:** 1) Articulate the core learnings from the NTI Training Module on How Race, Ethnicity, Culture, Class and Diversity Impact the Adoption and Guardianship Experience and Mental Health Needs of Children; 2) Identify specific examples of how front-line staff, supervisors and administrators can use the content and resources from NTI to support culturally competent practice and staff/agency DEI efforts; 3) Identify two resources that can be used at the agency/macro-practice level to support DEI efforts; 4) Describe the core elements and training model of the NTI Trainings for Child Welfare and Mental Health Professionals and how to access to the training.

Edna Davis Brown, MPH, Center for Adoption Support and Education, NC | Lisa Maynard, LMSW, Center for Adoption Support and Education, MD

Session 9 | 1:00 pm – 2:30 pm

9A: Self-Compassion for Burned Out Parents, *Parent Track*, No CE Hours. Compassion is-quite literally-the neurobiology of change. It is the most powerful tool we can put in our parenting toolbox. In this highly experiential workshop, you will create a self-compassion practice that is do-able even when you return home to your precious, yet dysregulated, children. **Learning Objectives:** 1) Create a personal self-compassion plan that will increase their ability to stay regulated; 2) Identify the benefits of self-compassion; 3) Identify the risk of self-compassion and create a plan to overcome those risks.

Robyn Gobbel, LMSW Clinical, MI

9B: Healing Movements, *Sensorimotor/OT Track*, 1.5 CE Hours. Our body and mind was once thought to be two very separate entities. However, with the deepened knowledge of neuroscience it is now known that the integration between body, mind and spirit vastly influences the health and wellness of individuals. By exploring the movements of child development, we can experience the connection between movements, emotions and thoughts and reflect on integrative pathways that support healing the 'self' and connection with nature. **Learning Objectives:** 1) Revise the neural links between the body, mind and spirit; 2) Integrate early childhood movement patterns; 3) Evaluate the link of movements with the mind and spirit; 4) Apply movement integration to ideas for practice; 5. Relate the integration between movements, nature and healing.

Kaya Lyons, B.AppSc (OT), Active OT for Kids and Camp Reset, NSW, Australia

9C: EMDR or Guided Imagery for Polyvagal and Spiritual Resourcing, *Intermediate Professional Track*, 1.5 CE Hours.

Recognizing the various frequencies of emotions and the instinctual responses of the nervous system, we are able to support the client to shift from of ingrained patterns of the Fight, Flight, and Freeze reaction into deeper levels of somatic healing. We will also invite the client to explore Spiritual resourcing through a somatic lens.

Learning Objectives: 1) Describe to a client the basic functioning and how to rewire a brain with trauma; 2) Detect at what level the nervous system is functioning and how to raise the energy vibration; 3) Utilize imagery with a somatic emphasis to support a shift in the Fight, Flight and Freeze response; 4) Apply a technique for isolating the somatic response in order to support a shift in the pattern; 5) Inspect a client's personal spiritual support for nervous system resourcing.

Kate Kestle, LCSW, EMDR Therapist and Consultant, Holistic Counseling Services, LLC, VA

9E: The Elephant in the Room: Brainwave Dysregulation, *Multidiscipline Track*, 1.5 CE Hours. Ready to address the elephant in the room? Did you know unhealthy brainwave patterns correlate with ADHD, anger, and impulsivity? Join us to discover how qEEG-based Neurofeedback pinpoints dysregulation in your child's brain and leads to better outcomes. Empower yourself and your child with technology driven learning for the brain. **Learning Objectives:** 1) Recognize when their child has brainwave dysregulation; 2) Demonstrate understanding of how qEEG brain mapping helps identify specific areas of the brain that may be causing difficulties, allowing for more targeted therapy by reviewing brain map reports; 3) Explain to their provider why addressing brainwave dysregulation is crucial to their child's progress.

Dianne Kosto, SCN and Mom on a Mission, SYMMETRY Neuro-Pathway Training, SC

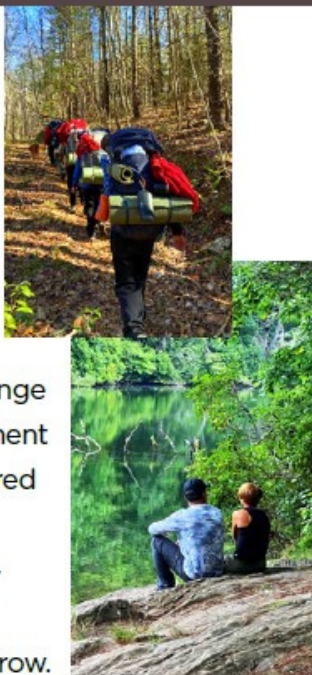
Cameron Allen, Neurofeedback Tech, BS, SYMMETRY Neuro-Pathway Training, SC

9F: Utilizing Hope Neuroscience to Improve Resiliency, Motivation, and Achievement, *Child Welfare Track*, 1.5 CE Hours. Hope is not simply an emotion. Hope is a science. Hope is one of the most robust predictors of GPA, future academic attainment, and overall resiliency. Measuring and raising hope levels can combat the effects of trauma and adverse childhood experiences, build motivation, and drive achievement. This session combines scientific research, tools, and strategies to increase hope and improve equity and life outcomes for all students. **Learning Objectives:** 1) Analyze how hope impacts student learning, well-being, resiliency, motivation, and self-control; 2) Plan how to improve student hope by helping them build better goals; 3) Measure and respond to student hope scores and growth goals with feedback to increase hope; 4) Utilize emotional contagion to improve hope are assemble make-it take-it resources to increase pathways (waypower) and agency (willpower).

Cathleen Beachboard, Teacher, Author, and Psychological Researcher, The School of Hope, LLC, Liberty University, VA

Self Discovery & Growth

At New Vision Wilderness Therapy programs, our goal for every child is to achieve meaningful change by creating an environment where joy is re-discovered and nurtured, where adventure leads to self-discovery, and where relationships heal and grow.



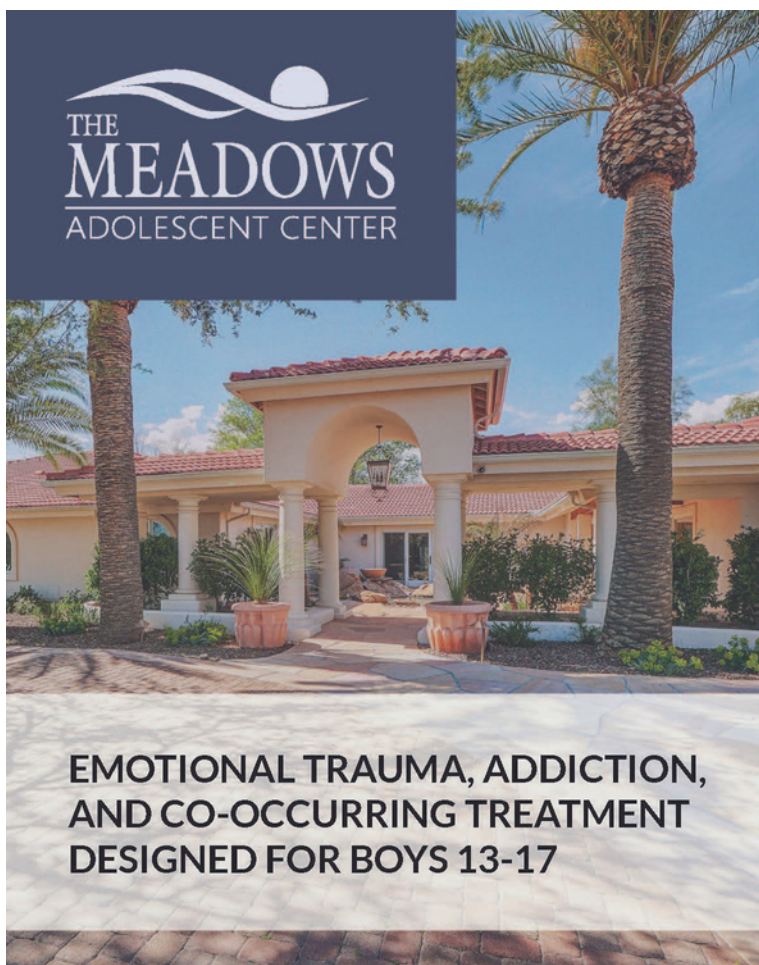
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Wickenburg, AZ



ATTACH
Association for Training Trauma and Attachment in
Children

HOPE FOR LEARNING

Early intervention trauma- and attachment-
focused training for early childhood
education and childcare professionals.

WHY DO CHILDREN ACT LIKE THIS?

Attachment ruptures and developmental trauma derails healthy development for young children. The effects of trauma and attachment is particularly challenging for educators and day care providers to address because young children often don't express the distress they are feeling in a way that's easily recognizable, and they mask their pain with aggressive or off-putting behavior.

WHEN TRAUMA DERAILS LEARNING - WHAT'S A TEACHER TO DO?

It is vital that teachers and childcare providers are aware of the signs of trauma and attachment issues and how to implement protective factors and respond appropriately.

BENEFITS

LEARN

Understand developmental trauma and attachment, and impact in the classroom and childcare setting. Gain concrete intervention strategies, tools, and techniques to mitigate trauma- and attachment-related behaviors and reactions in children.

COMMUNICATE

Professionals will increase ability to communicate with parents and caregivers regarding children's trauma- and attachment-related triggers, reactions, and behaviors.

SUPPORT

Understand the importance of recognizing strengths in a wide range of family structures, including families of BIPOC racial backgrounds, immigrant families, single parent families, foster, kin or adoptive families, and families headed by LGBTQ+ caregivers.

PREVENTING SECONDARY TRAUMA AND BURNOUT

Secondary Trauma and Burnout Actions impact teachers and service professionals in many ways. Learn the symptoms and develop a reflective approach to self-care.



TWO-PART SERIES NOVEMBER 7 & NOVEMBER 9

6:30pm US CT - 9:30pm US CT

WHO SHOULD ATTEND

- Headstart & Preschool Teachers | DayCare Teachers & Providers | Early childhood program facilitators
- Other professionals interacting with preschool aged children.

COST

\$100 | Discount available for groups

HERE'S WHAT OUR PARTICIPANTS ARE SAYING

The context on trauma was relatable, much needed, and needs to be presented to all educators.

So important! After a challenging summer, this course offered new resources & ideas and gives me HOPE that I can still learn and offer more to my children. That I'm not a failure as a teacher.



CONTACT US TO LEARN MORE

✉ info@attach.org

☎ 612-861-4222

🌐 attach.org/training



ATTACH
Association for Training Trauma and Attachment in
Children

HOPE FOR HEALING

Trauma- and attachment-focused training
for parents and caregivers.

WHY DO CHILDREN ACT LIKE THIS?

ATTACH invites parents and caregivers to join us in a special training, **Hope for Healing**. This intensive attachment training provides evidence-based insight for those struggling with problem behaviors. With humor, grace, and researched neuroscience, the ATTACH team will help bring hope for healing to the children and youth in your care. You will learn about adult and child attachment styles, arousal levels linked to survival mechanisms in the brain, behaviors associated with attachment difficulties and developmental trauma, and strategies for attachment-focused parenting and teaching.

LEARNING OBJECTIVES

Define

- Define attachment - both adult and child styles

Intergenerational Relationships

- Describe the intergenerational relationship of attachment styles.

Triggers

- Identify personal triggers for anger/fear/rejection

Window of Tolerance

- Describe Window of Tolerance and arousal levels associated with survival mechanisms in the brain.

Loss and Grief

- Describe the losses felt by parents and children.
- Understand the relevance of grief in the lives of those affected by trauma and loss.

Behaviors

- Describe the behaviors associated with attachment difficulties and developmental trauma

Strategies

- List five strategies of attachment-focused parenting
- Identify five strategies that are helpful for schools



**SATURDAY
NOVEMBER 4**

9am US CT - 4pm US CT

Virtual Training

WHO SHOULD ATTEND

Parents
Caregivers
Teachers

Other professionals working with children and families

COST

Parents

Members \$50

Non-Members \$75

Professionals

Members \$90

Non-Members \$100

OUR TRAINERS



MARY MCGOWAN

ATTACH Executive Director



ANDREW VINCENT

ATTACH Training &
Curriculum Development

CONTACT US TO LEARN MORE

✉ info@attach.org

☎ 612-861-4222

🌐 attach.org/training



Register: <https://attach.org/portfolio-items/hope-for-healing-2/>

**FOUR PROGRAMS, ONE
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Improving the Lives of Children, Youth, Young Adults and Their Families

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southeastern Virginia since 1995

JBRI Outpatient Services - programs
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for successful lives as adults

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