

Allegheny General Hospital
Continuing Medical Education
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ALLEGHENY GENERAL HOSPITAL

Trauma-Focused Cognitive Behavioral Therapy for Traumatized Children and Their Families

*Thursday and Friday, April 2-3, 2009
Monday and Tuesday, September 14-15, 2009*



Sponsored by

Department of Psychiatry
Allegheny General Hospital
Pittsburgh, Pennsylvania



Conference Co-Directors

Anthony P. Mannarino, Ph.D.

Professor of Psychiatry
Drexel University College of Medicine
Vice President, Department of Psychiatry
Director, Center for Traumatic Stress
in Children and Adolescents
Allegheny General Hospital
Pittsburgh, Pennsylvania

Judith Cohen, M.D.

Professor of Psychiatry
Drexel University College of Medicine
Department of Psychiatry
Medical Director, Center for Traumatic Stress
in Children and Adolescents
Allegheny General Hospital
Pittsburgh, Pennsylvania

Conference Overview

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), developed by Judith Cohen, Anthony Mannarino, and Esther Deblinger, is an empirically supported treatment for children and families exposed to traumatic life events. This two-day training will provide an intensive review of all of the TF-CBT treatment components, with a specific focus on clinical implementation strategies.

Conference Prerequisite

In order to register, participants are required to have completed the TF-CBT online training course at www.musc.edu/tfcbt as a prerequisite to this training.

In accordance with the Accreditation Council for Continuing Medical Education (ACCME), the Association of American Medical Colleges (AAMC) Standards and the policy of Allegheny General Hospital, presenters are asked to indicate if they have any relationship which, in the context of their presentation, could be perceived as a real or apparent conflict of interest, (e.g., ownership of stock, honoraria, or consulting fees). Any such relationships will be disclosed to the audience and consideration will be given to possible influences of their presentations.

Intended Audience and Course Objectives

This conference is intended for mental health professionals, including psychiatrists, psychologists, social workers, licensed counselors, and licensed nurses. Participants are required to have completed TF-CBT Web as a requirement for this training.

At the conclusion of this conference, participants should be able to:

- discuss the empirical support for TF-CBT
- describe the problems addressed by TF-CBT and the core values of this treatment model
- recognize the importance of parents/caretakers as part of the TF-CBT treatment model
- describe relaxation skills and feeling identification and expression as ways to enhance affective regulation
- relate the importance of the trauma narrative and cognitive processing of the trauma in TF-CBT
- discuss the role of safety education and safety planning in the TF-CBT model

Accreditation

AMA PRA Category 1 Credit™

Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

Allegheny General Hospital designates this educational activity for a maximum of 12 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CE for Psychologists (also applies to Social Workers)

Allegheny General Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. Allegheny General Hospital maintains responsibility for this program and its content.

Certificates of attendance will be awarded following the conference provided a completed evaluation form is submitted.

Conference Schedule

Day 1

- 7:30 a.m. Registration and Continental Breakfast
- 8:30 a.m. Welcome and Introduction — Overview of Evidence-based Treatment and Underlying Principles of TF-CBT
- 10:00 a.m. B R E A K
- 10:15 a.m. Review of Psychoeducation and Parenting Skills
- 11:30 a.m. L U N C H
- 12:30 p.m. Review of Relaxation, Affective Regulation and Cognitive Processing
- 2:00 p.m. B R E A K
- 2:15 p.m. Review of Trauma Narrative (*Part 1*)
- 3:30 p.m. Question and Answer Session
- 4:00 p.m. A D J O U R N M E N T

Day 2

- 8:00 a.m. Registration and Continental Breakfast
- 8:45 a.m. Review of Trauma Narrative (*Part 2*)
- 10:30 a.m. B R E A K
- 10:45 a.m. Review of Cognitive Processing of Trauma Narrative and In Vivo Desensitization
- Noon L U N C H
- 1:00 p.m. Review of Conjoint Sessions and Enhancing Safety
- 2:30 p.m. *Crises of the Week* and Other Implementation Barriers
- 3:30 p.m. Question and Answer Session
- 4:00 p.m. A D J O U R N M E N T

Conference Location

George J. Magovern, MD Conference Center
Allegheny General Hospital
320 East North Avenue
Pittsburgh, Pennsylvania 15212-4772

Parking and Directions

Parking will be available at no charge in the Allegheny General Hospital employee garage (General Robinson Street Garage) located on Pittsburgh's North Shore between PNC Park and Heinz Field. The hospital will provide shuttle transportation between the garage and the hospital before and after the conference. **Please bring your parking ticket to the registration desk for validation.**

For detailed driving directions to the General Robinson Street Garage, please refer to the Allegheny General Hospital Continuing Medical Education Web site at www.aghcme.org.

Hotel Accommodations

A block of rooms has been reserved for registrants and their guests at the Courtyard by Marriott Pittsburgh Downtown. The conference room rate is \$139 + tax. In order to receive the special conference room rate, registrants must specify that they are with the *TF-CBT Conference* when making reservations. Reservations may be made by calling 1 (800) 321-2211 or (412) 434-5551 direct.

Please note, room blocks will be held until three weeks prior to the course date. Thereafter, reservations will be taken on a space-available basis only.

Van transportation between the hotel and the hospital will be provided each day.

Refund Policy

A refund of the registration fee, less a \$15.00 processing fee, will be made when a written request or a telephone request followed by a written confirmation is received **2 weeks prior to the conference date**. After this date, refunds will not be made. Fees will not be refunded for failure to attend.

Allegheny General Hospital reserves the right to cancel or postpone any conference because of unforeseen circumstances or insufficient enrollment. In the event of such cancellation, full tuition will be refunded.

Registration Information

The registration fee includes conference materials, continental breakfast, break refreshments, lunch and CE credits.

Fee: \$150

Deadline: One month prior to course date
(After this date, registrations will be taken on a space available basis.)

To Register: Complete the registration form and return with the registration fee to:

Continuing Medical Education
Allegheny General Hospital
320 East North Avenue
Pittsburgh, Pennsylvania 15212-4772

(412) 359-4952
(412) 359-8218 fax

The preferred method of payment is by VISA, MasterCard, American Express or Discover; however, checks will be accepted made payable to **Allegheny General Hospital**.

Additional Information

For additional questions concerning the conference, please contact the Continuing Medical Education office by e-mail: tmariani@wpahs.org, by calling (412) 359-4952 or by fax at (412) 359-8218.

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Monday and Tuesday, September 14-15, 2009

Please indicate: April 2-3, 2009
 September 14-15, 2009

Please indicate: I would like a vegetarian lunch.
 I will use the shuttle service from the General Robinson Street Garage.
 I will use the shuttle service from the Courtyard Hotel.

Name/Degree
(print name and degree, if applicable, as you wish it to appear on badge)

Hospital or Organization

Home or Business Address (including department):
(where you prefer mail to be sent)

City State Zip

Day Telephone ()

FAX# ()

E-mail

Method of Payment: Credit Card Check

Total Amount \$

Credit Card: VISA American Express

MasterCard Discover

Card # Exp. date

Name as it appears on card

Signature

If you require assistance with hearing, vision or mobility to make this conference accessible to you, please check this box and contact the CME office at (412) 359-4952 two weeks prior to the conference.