Working with Traumatized Teens and Young Adults: How to Get Unhooked

At the end of this seminar, participants will be able to:

1) Identify four pathways for healing the effects of attachment trauma
2) Explain the developmental importance of co-regulation across intra- and interpersonal systems
3) Describe adult behavior that increases calm, intentional, empathic interaction
4) Discuss 10 specific intervention strategies to help adolescents in both highly activated and deactivated dysregulated states
5) Identify ways of reacting, reflecting, and responding to get unhooked from confusing and provocative teen behavior.

Learning Objectives

Our seminars are available in two formats: The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE’s for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE’s, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete the seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE’s for attending once they have completed these requirements.

PREREQUISITES: Participants are approved by the American Psychological Association to sponsor continuing education for psychologists.

General Information

The TZKseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance.

Seminar Schedule

Typically begins at 12:00 PM and ends at 3:15 PM Eastern time: There is one 15 minute break. However, check the webinar schedule.

Outline

Hour 1:
Overview of Webinar
Dependence is Good—even in adolescence
Developmental-Relational Therapy
The Two-Person System: Co-Regulation before Self-Soothing

Hour 2:
Developmental Trauma and Inaccurate Diagnosis
Attachment and Regulation in Adolescence
The Therapist’s Attachment Style
Doing Your own Work

Hour 3:
Getting Hooked to Get Unhooked
4 Ms: Mindfulness, Mirroring, Mentalizing, Modulation
Putting on the Brakes, Grounding, Breathing, Connecting
The React-Reflect-Respond Model

The Presenter

Martha B. Straus, Ph.D. is a professor in the Department of Clinical Psychology at Antioch University New England Graduate School in Keene, New Hampshire, and adjunct instructor in psychiatry at Dartmouth Medical School. Dr. Straus is an international trainer on topics related to child, adolescent, and family development, attachment, trauma, and therapy. She is the author of numerous articles and five books including, most recently, Treating Trauma in Adolescents: Development, Attachment, and the Therapeutic Relationship. She lives in Brattleboro, VT where she also maintains a small private practice.