

TARGET

is a new approach, developed by Julian Ford, Ph.D., for the prevention and treatment of complex Posttraumatic Stress Disorder (PTSD). TARGET provides a practical skill set that can be used by trauma survivors and family members to **regulate** extreme (intense/reactive or numb/dissociated) emotion states, to **manage** intrusive trauma memories in daily life, and to **restore** the capacity for autobiographical memory and self-efficacy. The skill set also is used by clinicians to manage vicarious trauma. The training will be helpful for psychotherapists, couple and family therapists, school psychologists, counselors, and case managers who deal with adolescents who have a history of trauma. TARGET has been designated a promising practice by the National Child Traumatic Stress Network (www.nctsnet.org).

Presented by:

Julian Ford

Marisol Cruz St. Juste

Karen Mahoney

Department of Psychiatry



University of
Connecticut
Health Center

www.ptsdfreedom.org

TARGET Adolescent

In addition to the complexity of PTSD, adolescents with a history of trauma also deal with the developmental challenges of adolescence: identity formation, balancing autonomy and relatedness, managing peer pressure, and achieving age-appropriate separation from caregivers. Keeping these developmental issues in mind, Trauma Adaptive Recovery Group Education and Therapy for Adolescents (TARGET-A) will help adolescents manage avoidance and numbing symptoms, negative cognitions about self, traumatic grief, impulsive/avoidant coping and delinquent behavior.

In this workshop, participants will learn the TARGET-A psychoeducational and therapeutic interventions. TARGET-A teaches a present-centered, strength-based relationally-grounded approach for affect regulation, information processing, behavioral self-control, and interpersonal skills designed to enhance personal control and reduce the automaticity and severity of triggered PTSD symptoms. Assessment and treatment both will be emphasized.

An open field trial of TARGET-A is presently being conducted with youths in a statewide multi-agency juvenile justice system in community and residential programs. Preliminary findings indicate that TARGET-A is associated with reduced PTSD and enhanced self-regulation as reported by adolescents and their parents.

Day 1: Introduction to Trauma Thursday, September 15, 2005

1:30 – 4:45PM

(Registration begins at 1:00pm)

Attendees will:

- Understand state of the art information relating to the biological, psychological, and developmental effects of trauma on adolescents.
- Be able to adapt clinical assessment and treatment approaches to address adolescent trauma survivors' difficulties with affect regulation and information processing.

Day 2: TARGET Treatment Friday, September 16, 2005

9AM – 4PM

(Registration begins at 8:30am)

Attendees will:

- Learn a new skill set (FREEDOM) to guide therapeutic work with adolescent trauma survivors focused on:
 - Self-regulating extreme affects
 - Growing from survival-coping to meaning-making
- Apply the FREEDOM skill set to:
 - Managing clinical crises,
 - Working with an ethnically diverse adolescent population,
 - Addressing vicarious trauma,
 - Provide adolescent gender sensitive care

POLICIES AND PROCEDURES

Workshops will be held in Keller Auditorium at the University of Connecticut Health Center in Farmington, CT. **PAYMENT** is by check or money order only. **REFUNDS** of the registration fee minus a \$15 administrative charge will be made provided the cancellation is received in writing **14 days** prior to the program. **NO REFUNDS** or **CREDITS** will be issued after this time. **A CONFIRMATION LETTER** and parking directions with a map will be emailed to you approximately two weeks prior to the workshop.

CONTINUING EDUCATION INFORMATION

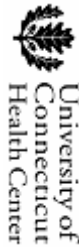
Please call (860) 679-4148 to confirm approval for the following:

- American Psychological Association
- National Board of Certified Counselors (NBCC)
- Connecticut Certification Board
- CT Association of Marriage and Family Therapists
- Connecticut State Department of Education
- The Collaborative of NASW, Boston College & Simmons College
- Massachusetts and/or Rhode Island Association for Marriage and Family Therapy, Inc.

Last Name	First Name	Degree	
Address			
City	State	Zip	
Phone (H)	(W)		
Fax	E-Mail		
Employer			
Before September 22		After September 22	
<input type="checkbox"/> Day 1	\$59.00	<input type="checkbox"/> Day 1	\$69.00
<input type="checkbox"/> Day 2*	\$99.00	<input type="checkbox"/> Day 2	\$109.00
<input type="checkbox"/> Both days	\$129.00	<input type="checkbox"/> Both days	\$139.00
*Day 2 participants receive complete manual			
Check Enclosed: Amount \$ _____			

Checks payable to: UCONN Psychiatry - CME

Mail to: TARGET
 Department of Psychiatry, UCHC
 263 Farmington Avenue
 Farmington, CT 06030-1410



TARGET
 UConn Health Center
 Department of Psychiatry
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TARGET
 Trauma
 Adaptive
 Recovery
 Group
 Education &
 Therapy

ADOLESCENT TRAINING

www.pt.sdfreedom.org



- Focus
- Recognize Triggers
 - Emotion Awareness
 - Evaluate Thoughts
 - Define Goals
 - Options
 - Making a Contribution