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).

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 automacity 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.

Presented by:

Julian Ford
Marisol Cruz St. Juste
Karen Mahoney

Department of Psychiatry
University of Connecticut Health Center

www.ptsdfreedom.org

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.

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*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
Trauma
Adaptive
Recovery
Group
Education & Therapy

ADOLESCENT TRAINING

www.ptsdfreedom.org

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