

Understanding Trauma

Overview:

Frequently children and adolescents are referred for therapy because they have experienced a traumatic or a series of traumatic events. This workshop will define the various types of trauma (such as single incident, developmental trauma disorder) experienced by children and adolescents and the responses and reactions that infants, children, teens and families can demonstrate. It will provide an integrated framework for assessing the variables that influence a child's, adolescent's and family's experience of traumatic events. It will also present a model for determining stages of treatment so that the therapist can make informed decisions about what needs to be addressed in therapy with a traumatized child, when it should be addressed and why. The second half of the presentation, *Play Therapy with Traumatized Children*, is offered as part of the CACPT Level III curriculum.

Learning Objectives:

1. Define the types of traumatic stress as experienced by children and youth.
2. Identify the risk and protective factors that influence a child's experience of a traumatic event
3. Identify the characteristics of trauma reaction, acute stress and past traumatic stress disorder (PTSD)
4. Identify the impact of trauma on children at various developmental phases
5. Define the difference between enactment play and post-traumatic play