



The Melissa Institute  
For Violence Prevention and Treatment

Third Annual Conference

# Helping Victims of Violence

Community-based and  
Psychotherapeutic Approaches for  
Children, Adults and Their Families

Friday, May 7, 1999  
8:30 a.m. - 5 p.m.

Victor E. Clarke Center for Health Education  
South Miami Hospital  
U.S. 1 and SW 62 Avenue

Sponsored by



Baptist Health Systems  
of South Florida

Third Annual Conference

# Helping Victims of Violence

Community-based and Psychotherapeutic Approaches  
for Children, Adults and Their Families

Friday, May 7, 1999

8:30 a.m. - 5 p.m.

Victor E. Clarke Center for Health Education

South Miami Hospital

U.S. 1 and SW 62 Avenue

## ABOUT THE CONFERENCE

**T**his third annual conference is dedicated to the memory of Melissa Aptman, a charming and gifted young woman who was tragically murdered on May 5, 1995. In her name, family and friends founded The Melissa Institute, turning their grief into social action.

The focus on "Helping Victims of Violence" fulfills part of the Institute's mandate to help those in need and those who serve victims. This conference brings together two world-renowned experts to demonstrate how a community-based preventive approach can be combined with a clinical therapeutic approach.

**Joy D. Osofsky, Ph.D.**, is a professor of pediatrics and psychology at Louisiana State University Medical Center, professor of public health, pediatrics and psychiatry at Louisiana State University, and adjunct professor of psychology at the University of New Orleans. For the past 25 years she has been involved with preventive intervention research with adolescent mothers and their infants, and, more recently, with children and families exposed to violence. Dr. Osofsky has consulted extensively regarding infant mental health issues in



Europe, Asia and South America. She is past president of the World Association for Infant Mental Health, a member of the board of directors of Zero-to-Three/National Center for Infants, Toddlers, and Families, and editor of the *Infant Mental Health Journal*. Dr. Osofsky is the editor of *Children in a Violent Society*. She directs the Violence Intervention Program for children and families in New Orleans. She is currently collaborating with Judge Cindy Lederman on violence prevention programs in Miami.

**Donald Meichenbaum, Ph.D.**, is distinguished professor emeritus at the University of Waterloo, Ontario, Canada, and research director of The Melissa Institute. He is the author of several books on cognitive behavior modification and the author of *Clinical Handbook on Treating Post-traumatic Stress Disorder*. In a survey reported in the *American Psychologist*, he was voted "one of the ten most influential psychotherapists of the century." He has consulted widely in a number of residential and psychiatric treatment centers for children and adults. He is currently honorary president of the Canadian Psychological Association.



## TARGET AUDIENCE

Teachers, guidance counselors, principals, psychologists, school psychologists, social workers, mental health workers, judges, nurses, pediatricians, family physicians and psychiatrists.

## OBJECTIVES

Upon completion of this conference, participants should be able to:

- Implement a community-wide violence prevention program.
- Develop an intervention evaluation plan.
- Integrate community-wide interventions with clinically based treatment procedures.
- Conduct assessments of post-traumatic stress disorder and related problems.
- Conduct "core" tasks of psychotherapy with victimized individuals.
- Conduct cognitive-behavioral treatments with children, adults and their family members.

## SCHEDULE

Friday, May 7, 1999

8:30 a.m.	<b>Registration and Continental Breakfast</b>
9:00 a.m.	<b>Opening Remarks</b> Suzanne L. Keeley, Ph.D., President of The Melissa Institute
9:15 a.m.	<b>The Effects of Violence Exposure on Children</b> Joy D. Osofsky, Ph.D.
10:30 a.m.	<b>Break</b>
10:45 a.m.	<b>Violence Intervention Program: A Community-based Approach</b> Joy D. Osofsky, Ph.D.
11:30 a.m.	<b>Panel Discussion</b> Judge Cindy Lederman and members of the Scientific Panel of The Melissa Institute ( <i>Question and Answer Period</i> )
12:00 noon	<b>Buffet Luncheon</b>
1:15 p.m.	<b>The Impact of Violence: A Personal Reflection</b> Michael Aptman, M.D.
1:30 p.m.	<b>Treatment of Adults Who Have Been Victimized</b> Donald Meichenbaum, Ph.D. ■ <b>Core Tasks of Psychotherapy: What “Expert” Therapists Do</b> ■ <b>A Phase-oriented Treatment Approach</b>
3:00 p.m.	<b>Break</b>
3:15 p.m.	<b>Treatment of Children Who Have Been Victimized and Their Family Members</b> ■ <b>Treatment of Children with Post Traumatic Stress Disorder</b> ■ <b>Treatment of Sexually Abused Children and Their Non-offending Parents</b>
4:30 p.m.	<b>Panel Discussion</b> ( <i>Question and Answer Period</i> )
5:00 p.m.	<b>Adjourn</b>

---

## The Effects of Violence Exposure on Young Children: A Community-based Intervention Program

Joy D. Osofsky, Ph.D.

Violence among youth, ages 11-17, has increased 25% in the last decade. Homicide ranks as the second leading cause of death among males between 15 and 24 years of age and the rate has more than doubled since 1950. It is even more startling that homicide has become the third leading cause of death for children between ages 5 and 14. A recent survey at a public hospital-based pediatric clinic in a major U.S. city found that one in every 10 children under the age of 6 has witnessed a shooting or stabbing. Half of these incidents occurred at home and half in the streets. Recent data obtained from approximately 300 children between 6 and 12 years of age indicate that school-age children are victims and witnesses to significant

amounts of violence. In one moderate-size city, 51% of fifth graders reported that they had been direct victims of violence. Ninety-one percent reported that they had personally witnessed some type of violence. There is little doubt that such violence exposure seriously affects these children.

The Violence Intervention Program for Children and Families (VIP) was developed in New Orleans in 1992 as a direct response to this crisis of violence affecting our children. The program is an effort undertaken by the Department of Psychiatry at Louisiana State University Medical Center, in collaboration with the New Orleans Police Department, community

schools and residents. A key component of the program has been the development of an educational program for police officers about the effects of violence on children and families to increase the officers' knowledge and sensitivity to children when dealing with violent incidents. The program has initiated community-based interventions in schools and a 24-hour hotline. The program has also established a referral service for traumatized children and families,

with a team of mental health professionals at LSU Medical Center providing counseling, support services, and individual and group therapy. The initial evaluation of the program indicated increased knowledge and sensitivity on the part of police officers, satisfaction with the program in the schools, and outreach to many children and families in the community who are traumatized by violence exposure and who otherwise would not receive help.

---

## Treating Post Traumatic Stress Disorder in Adults and Children

**Donald Meichenbaum, Ph.D.**

Forty to 60% of psychiatric patients have a history of victimization. Criminal victimization, especially in the form of physical and sexual assault, has yielded the highest lifetime prevalence rates of Post Traumatic Stress Disorder (PTSD).

In terms of childhood exposure to victimization, recent estimates suggest that 1 out of 4 girls and 1 out of 6 boys will suffer sexual abuse by age 18. These children are at high risk for suffering a wide range of psychological difficulties.

How can therapists help victims and their families? We will consider what are the "core tasks" of psychotherapy when working with adults and children who experienced PTSD and Complex PTSD. A phase-oriented cognitive-behavioral treatment approach will be offered. In the case of child sexual abuse, research indicates the importance of including the non-offending parent in the treatment program. Specific treatment procedures will be presented.



In collaboration with The Melissa Institute, Dade County AHEC is sponsoring an educational workshop, **School Violence: Prevention and Intervention Strategies**, on Thursday, May 6, 1999. For more information please call Dawn Caccioppo at **305-670-3077**.

---

### REGISTRATION

**Third Annual Conference**

**Helping Victims of Violence**

**Community-based and Psychotherapeutic Approaches for Children, Adults and Their Families**

**Friday, May 7, 1999**

**Victor E. Clarke Center for Health Education at South Miami Hospital**

**Please check one:**

\$45 Registration Fee (\$50 on site)

\$25 Student Fee (\$30 on site)

A check made payable to The Melissa Institute should accompany this application and be sent no later than April 23, 1999. Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.

**For group rate information, call 305-668-5210.**

**Specify professional credits required:**

Florida Board of Psychological Examiners

Florida State Board of Nursing

State of Florida AHCA

Dade County Public Schools

NAME \_\_\_\_\_

LIST MEDICAL SPECIALTY, PROFESSION, OR GRADE LEVEL IF STUDENT \_\_\_\_\_

INSTITUTION OR ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_

**Mail to:** Registrar, Medical Education Department  
Baptist Health Systems of South Florida  
8900 North Kendall Drive, Miami, FL 33176

*Cancellations must be sent in writing and postmarked by April 23, 1999, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 23 will forfeit the registration fee.*

## CREDITS

Baptist Hospital of Miami is approved as a provider of Continuing Psychological Education by the Florida Board of Psychological Examiners, provider #P-258-98. This continuing education activity has been approved for 6.5 credit hours of Continuing Psychological Education credits.

This activity has been approved for 6.5 contact hours by the Florida State Board of Nursing, provider #27H0046.

Baptist Hospital of Miami's Department of Social Work is approved as a provider of continuing education by the State of Florida AHCA Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling, provider #CM376, expiration 1/01. This continuing education activity has been approved for 6.5 contact hours.

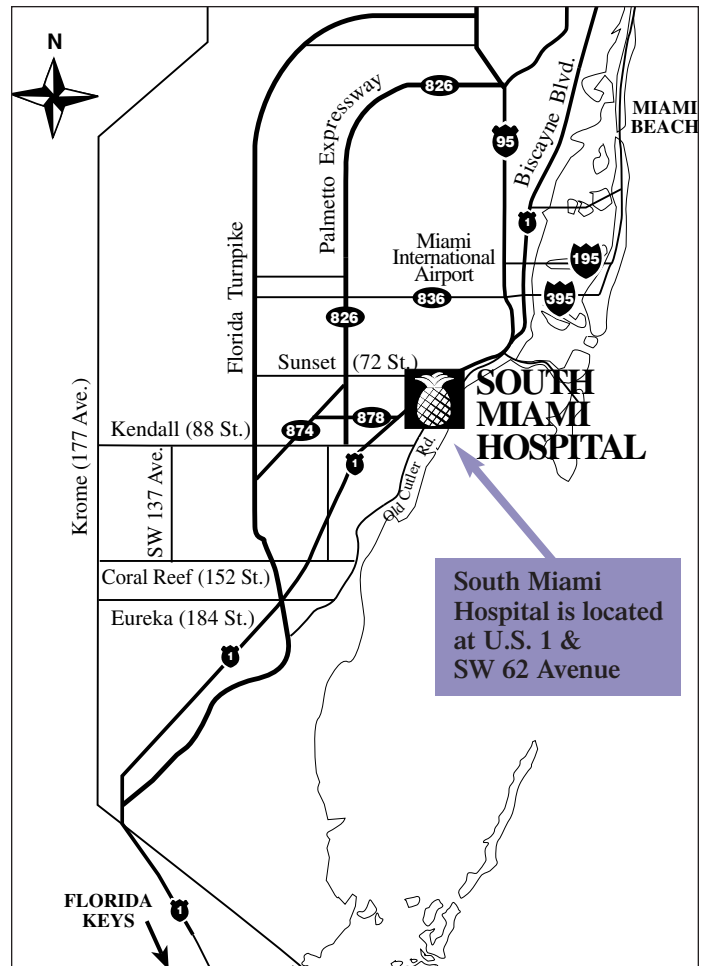
Miami-Dade County Public Schools will award 7 master plan points (TEC credits).

## FOR INFORMATION



**The Melissa Institute**  
For Violence Prevention and Treatment  
305-668-5210

*We thank Baptist Health Systems of South Florida for sponsoring this educational activity. We also thank The Biltmore Hotel, American Airlines, Union Planters Bank, SmithKline Beecham and the Dade County Area Health Education Center for their support.*





# The Melissa Institute

For Violence Prevention and Treatment

6200 SW 73 Street • Miami, FL 33143

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
Permit No. 6813  
Miami, FL