



The Melissa Institute

For Violence Prevention and Treatment

In partnership with

UNIVERSITY OF MIAMI
SCHOOL of EDUCATION
& HUMAN DEVELOPMENT



21st Annual Conference

**Treatment of Victims
of Interpersonal Violence:
A Life Span Approach**

Friday, May 5, 2017

8 a.m.-4 p.m.

New Location:

**Donna E. Shalala Student Center, University of Miami
1330 Miller Drive, Coral Gables, Florida**

Education • Community Service • Research Support • Consultation

21st Annual Conference

Treatment of Victims of Interpersonal Violence: A Life Span Approach

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Donna E. Shalala Student Center, University of Miami, 1330 Miller Drive, Coral Gables, Florida

ABOUT THE CONFERENCE

Many forms of family and community violence begin at an early age and often continue through one's life. Consider the following epidemiological findings in the U.S.:

- 60% of children and youth report exposure to violence within the past year and one in 10 experience five or more different types of victimization;
- The exposure to such interpersonal violence accounts for 32% of later onset of psychiatric and physical disorders;
- Such interpersonal victimization exacts a significant economic burden of \$124 billion annually;
- 25% of children across the globe are victims of severe and repeated physical abuse and neglect;
- One in three women (some 40 million) and one in four men (32 million) have experienced intimate partner violence over the course of their lifetime;
- 11 million women have been raped or stalked by an intimate partner;
- One in 10 community-residing older adults (65+) experience some form of elder abuse.

Fortunately, the most common response to such forms of victimization is characterized by some degree of resilience. This conference brings together three international experts in the field of psychology to discuss risk assessment and treatment of victims of interpersonal violence and their family members. They will present various forms of intervention,

including crisis management, Psychological First Aid and evidence-based psychotherapeutic interventions for children, adolescents and adults. The presenters will offer a life span developmental perspective and highlight how to bolster resilience in victimized clients, family members and the community at large. Possible ways to reduce and prevent violence will also be discussed.

LEARNING OBJECTIVES

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

- Identify incidence and prevalence of interpersonal violence.
- Demonstrate knowledge of Integrative Treatment for Complex Trauma.
- Discuss the role of stigmatization and self-blame in the healing process for victims of interpersonal violence.
- Implement evidence-based treatment approaches for victims of interpersonal violence.
- Recognize ways to bolster resilience in children and adults who are victims of interpersonal violence.

TARGET AUDIENCE

Teachers, administrators, school counselors, psychologists, social workers, family mediators, mental health workers, marriage and family therapists, social services agency personnel, juvenile and family-court judges, lawyers, law enforcement personnel, clergy, nurses, pediatricians, primary care physicians and psychiatrists.

WELCOME

Lynn Aptman, M.Ed., is President of The Melissa Institute and a former elementary school teacher. She is one of the founders of the Institute, along with her husband, Michael Aptman, M.D., Suzanne L. Keeley, Ph.D., and Donald Meichenbaum, Ph.D.

Daniel Santisteban, Ph.D., is a tenured professor in the School of Education and Human Development at the University of Miami. He was named Director of Dunspaugh-Dalton Community and Educational Well-Being Research Center in 2015. Dr. Santisteban has over 25 years of experience conducting clinical trials and developing and testing behavioral treatments for underserved families, and has received six large NIH-funded grants.

Heather Winters, LMHC, is Executive Director of The Melissa Institute and former Executive Director of Family Counseling Services of Greater Miami. She has more than 16 years of experience providing individual and group counseling to child, adolescent and adult survivors of sexual violence. Her specializations include trauma, PTSD, anxiety and depression.

PRESENTERS

John Briere, Ph.D., is Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Co-Director of the Child and Adolescent Trauma Program. He is Past President of the International Society for Traumatic Stress Studies and recipient of the Outstanding Professional Award from the American Professional Society on the Abuse of Children. Among his many outstanding contributions are his books entitled *Integrative Treatment of Complex Trauma for Adolescents*; *Principles of Trauma Therapy*; and *Psychological Assessment of Adults Molested as Children*. Dr. Briere is a leader in the field in developing empirically informed therapies for victims of interpersonal violence.

Christine A. Courtois, Ph.D., ABPP, specializes in the treatment of trauma, particularly for adults experiencing the effects of childhood incest and other forms of sexual, physical and emotional abuse. Dr. Courtois has worked with these issues for 30 years and has developed treatment approaches for complex posttraumatic and dissociative conditions, for which she has

SCHEDULE

Friday, May 5

- 8:00 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. **Welcome and Introductions**
Lynn Aptman, M.Ed., President of The Melissa Institute
Daniel Santisteban, Ph.D., Director, University of Miami CEW
Heather Winters, LMHC, Executive Director of The Melissa Institute
- 8:45 a.m. **The Nature of the Challenge: What Distinguishes Those Who Evidence Long-term Disorders (25%) Versus Those Who Evidence Resilience (75%)? Implications for Interventions**
Donald Meichenbaum, Ph.D., Research Director of The Melissa Institute
- 9:15 a.m. **Treating Complex Trauma in Adolescents: Part One**
John Briere, Ph.D.
This presentation will provide an overview of Integrative Treatment for Complex Trauma for Adolescents (ITCT-A), a federally funded and empirically based therapy for adolescents who have been multiply traumatized and who, in many cases, live in socially marginalized environments. The various psychological effects of complex trauma will be discussed, as well as a number of techniques helpful in working with victimized youth.
- 10:15 a.m. **Break**
- 10:30 a.m. **“It’s Not You, It’s What Happened to You”: Emerging Treatment Perspective for Adults Traumatized as Children**
Christine Courtois, Ph.D., ABPP
This presentation will provide an overview of a sequenced, relationship-based treatment for adults traumatized as children who mistake what happened to them as due to something wrong with them. Emphasis will be placed on integrated, customized treatment approaches, including those that are evidence-based and those that are emerging.
- 11:30 a.m. **Panel Discussion: Clinical Applications for Treatment of Victims of Interpersonal Violence**
John Briere, Ph.D., Christine Courtois, Ph.D., ABPP, Donald Meichenbaum, Ph.D.
- 12:00 Noon **Lunch**
- 1:00 p.m. **Treating Complex Trauma in Adolescents: Part Two**
John Briere, Ph.D.
- 2:00 p.m. **Clinical Case Presentation**
Christine Courtois, Ph.D., ABPP
- 2:45 p.m. **Break**
- 3:00 p.m. **The Critical Role of a Case Conceptualization Model Designed to Bolster Resilience in Children and Adults: A Clinical Demonstration**
Donald Meichenbaum, Ph.D.
- 4:00 p.m. **Adjourn**

received international recognition. She has co-authored several books, including: *Treatment of Complex Traumatic Stress Disorder in Children and Adults*; *Healing the Incest Wound: Recollections of Sexual Abuse*; *Spiritually Oriented Psychotherapy for Trauma*; and *It’s Not You, It’s What Happened to You*. She is recognized internationally for her contributions and training. In addition, she is Chairperson of the American Psychological Association committee to establish clinical guidelines for the treatment of adults with PTSD.

Donald Meichenbaum, Ph.D., is Research Director of The Melissa Institute and Distinguished Professor Emeritus at the University of Waterloo in Ontario. He has served as Distinguished Visiting Professor at the University of Miami School of Education and Human Development and is one of the founders of cognitive behavior therapy. Dr. Meichenbaum has presented internationally and in all 50 states. North American clinicians voted him “one of the 10 most influential psychotherapists of the 20th century.” He has published extensively and his most recent book is *Roadmap to Resilience: A Guide for Military, Trauma Victims and Their Families*.

Other books include *Treatment of Individuals with Anger-control Problems and Aggressive Behavior*; *Treating Adults with Posttraumatic Stress Disorder*; *Nurturing Independent Learners*; and *Stress Inoculation Training*.

The mission of The Melissa Institute is to prevent violence and promote safer communities through education and application of research-based knowledge.

Phone: 305-284-2930

Email: Info@MelissaInstitute.org

Websites:

MelissaInstitute.org

TeachSafeSchools.org

ReadingTeacher.net

CREDITS

PSYCHOLOGISTS: This continuing education activity has been approved for 6 credit hours, CE Broker Course #20-588450, by the Florida Boards of Psychology (6 hours). Baptist Health South Florida CE Broker Provider #50-182.

OTHER MENTAL HEALTH PROFESSIONALS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Social Workers, Marriage and Family Therapists and Mental Health Counselors, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for licensed clinical social workers, licensed marriage and family therapists and licensed mental health counselors.

EDUCATORS: Conference registration and payment to The Melissa Institute must be completed prior to registering for Miami-Dade County Public Schools professional development credit online at <http://calendar.dadeschools.net>. Seven (7) master plan points will be awarded to participants who have completed a follow-up activity and have preregistered online with M-DCPS.

MEDIATORS: The Melissa Institute for Violence Prevention and Treatment is a recognized provider of Continuing Mediator Education (CME) credits for Florida Supreme Court-certified mediators. This program is eligible for 3.6 CME credits for certified family and/or dependency mediators.

NURSES: This continuing education activity has been approved for 6 credits for Nursing and Nurse Practitioners. Baptist Health South Florida CE Broker Provider #50-182.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Baptist Health South Florida and The Melissa Institute for Violence Prevention and Treatment. Baptist Health South Florida is accredited by the ACCME to provide continuing medical education for physicians. • Baptist Health South Florida designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity. • This activity has been approved for 6 credit hours, CE Broker Course #20-588450, by the Florida Boards of Medicine and Osteopathic Medicine.

OCCUPATIONAL THERAPISTS: Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Occupational Therapy Practice, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for occupational therapists and occupational therapy assistants.



REGISTRATION

Registration deadline is Friday, April 28. Space is limited; register early!

21st Annual Conference — Treatment of Victims of Interpersonal Violence: A Life Span Approach
Friday, May 5, 2017 ■ Donna E. Shalala Student Center, University of Miami, 1330 Miller Drive, Coral Gables, Florida

Name _____ Title _____

Institution or Organization _____

Contact Address _____ City/State/Zip _____

Contact Telephone _____ Cell Phone _____

Email _____

Early-Bird Discount SAVE \$20 if you register by Friday, March 31! \$90

Registration fee: \$110 \$60 (Non-UM Student) \$25 UM Faculty or UM Student

Students Only: University _____ Program _____ Student Email (required) _____

Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.

Payment method:

Check enclosed (Make payable to The Melissa Institute.)

Purchase Order number _____ (Please mail/fax copy of registration to guarantee reservation.)

Credit Card: American Express MasterCard Visa Discover

Cardholder Name _____ Account No. _____

Exp. _____ Signature _____

Specialty professional credits required: LICENSE # _____ *(Credit applications pending)*

Florida Board of Psychological Examiners

Florida State Board of Nursing

Miami-Dade County Public Schools

Florida Board of CSW, MFT and MHC

Florida Board of Medicine

Florida Board of Occupational Therapy Practice

Mediators (Family and Dependency)

Florida Board of Clinical Laboratory Personnel

Mail to: The Melissa Institute, 1507 Levante Avenue, Suite 331, Coral Gables, FL 33146

Register online: MelissaInstitute.org • **Email as attachment to:** Info@MelissaInstitute.org • **For information, call 305-284-2930**

Cancellations must be sent in writing and postmarked by Friday, April 28, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 28 will forfeit the registration fee.

EASY ACCESS TO FREE VALET PARKING:

From North/NE — South on I-95, continue on U.S. 1 (South Dixie Highway) • Turn right on Stanford Drive • Make immediate left on Ponce de Leon Boulevard at next light • Turn right on San Amaro Drive (baseball stadium) • Continue to traffic circle, turn at first exit into UM campus on Miller Drive

From South/SW — North on U.S. 1 (South Dixie Highway) • Turn left on SW 57 Avenue (Red Road) • Make immediate right on Ponce de Leon Boulevard • Turn left on San Amaro Drive (baseball stadium) • Continue to traffic circle, turn at first exit into UM campus on Miller Drive

From East — 836 west to 826 south (Palmetto Expressway) • Take exit SW 56 Street (Miller Road) and turn left (East) • Continue East (Miller Road becomes Miller Drive at UM traffic circle) • Enter traffic circle • Turn at second exit (pass San Amaro Drive) into UM campus on Miller Drive

From West — East on SW 56 Street (Miller Road) • (Miller Road becomes Miller Drive at UM traffic circle) • Enter traffic circle • Turn at second exit (pass San Amaro Drive) into UM campus on Miller Drive

From All Directions — **AFTER Miller Road/San Amaro Drive/Miller Drive UM Traffic Circle** — Continue as Miller Drive turns left • Turn right at stop sign • Valet will be on right at Donna E. Shalala Student Center, 1330 Miller Drive



FOR MORE INFORMATION

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305-284-2930

www.melissainstitute.org • www.teachsafeschools.org • www.readingteacher.net

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