



Southern Arizona Psychological Association

*Our Mission: To outreach and support all Southern Arizona psychologists
and engender a sense of community and cohesiveness.*

Continuing Education Event

***Treatment of Individuals with PTSD, Complex PTSD and Comorbid Disorders:
Ways to Bolster Resilience
Donald Meichenbaum, PhD***

Date: Tuesday, April 8, 2014
Time: 8:30 AM – 4:00 PM
(Check-in starts at 7:45)
Location: Arizona Inn
2200 E. Elm Street
Tucson, AZ 85719
CE's: 6.5 CE Credits



Donald Meichenbaum, PhD

Description:

In the aftermath of traumatic and victimizing experiences, 75 % of individuals are impacted, but they evidence resilience and in some instances go onto develop post traumatic growth. In contrast, some 20% + evidence persistent PTSD and related adjustment disorders. Dr. Meichenbaum will discuss what distinguishes these two groups and the implications for assessment and treatment decision - making. He will critically evaluate the "state of the art" of treating traumatized individuals and highlight the core psychotherapeutic tasks that characterize the variety of "evidence-based" therapies and demonstrate, using video case presentations, what "expert" psychotherapists do that lead to positive treatment outcomes. He will highlight ways to conduct integrated interventions for clients with comorbid disorders such as PTSD and depression /suicidal behaviors and substance abuse disorders. He will provide a Case Conceptualization Model that informs treatment decision-making. He will also consider ways to integrate spirituality and psychotherapy, since the major ways people in the U.S. cope with the aftermath of trauma is using some form of spirituality or religion. Finally, he will discuss ways to bolster resilience in six domains (physical, interpersonal, emotional, cognitive, behavioral and spiritual). Finally, Dr. Meichenbaum will provide a Constructive Narrative strengths-based treatment approach.

This Advanced presentation will help psychologists and counselors to:

1. Critique the various treatment approaches of individuals who have been diagnosed with PTSD, Complex PTSD and comorbid psychiatric disorders.
2. Implement a Case Conceptualization Model that informs assessment and treatment decision-making.
3. Implement the Core tasks of psychotherapy.
4. Integrate spirituality and psychotherapy, where indicated.
5. Apply strategies to bolster resilience in six domains (physical, interpersonal, emotional, cognitive, behavioral and spiritual).

About the Speaker:

Dr. Meichenbaum is one of the founders of cognitive behavior therapy and in a survey of clinicians, he was voted "one of the ten most influential psychotherapists of the 20th century". He has received a Lifetime Achievement Award from the Clinical Division of the American Psychological Association. He has presented in every U.S. state and internationally. He has consulted at various psychiatric facilities, VA hospitals and worked with returning soldiers. Dr. Meichenbaum has consulted and trained mental health workers in the aftermath of Hurricane Katrina and Sandy, Oklahoma bombing, Columbine shooting, and worked with individuals with traumatic brain injuries, torture victims and Native populations. He has published extensively and his latest book is *Roadmap to Resilience* (see www.roadmaptoresilience.org). Dr. Meichenbaum is Distinguished Professor Emeritus from the University of Waterloo in Ontario, Canada. He currently serves as Research Director of the Melissa Institute for Violence Prevention in Miami, Florida (see www.melissainstitute.org).

Registration:

This event is being offered by Southwest Continuing Ed, LLC (SWCE) and is co-sponsored by SAPA. SAPA members receive a discount. Registration is completed through Southwest Continuing Ed, LLC. Please go to www.southwestce.com for fee information and to register for this event. If you have any registration difficulties, contact Patricia Beldotti, PsyD (drbeldotti@aol.com or 520-282-2590). All cancellation requests must be received 1 week before the event. No refunds will be made after that date. Please let us know if you require any special accommodations at least 1 week in advance.

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This complete program is offered for a total of 6.5 Category 1 CE Credits. Participants must sign in, be present for the entire presentation, and complete the Evaluation Questionnaire for the presentation in order to obtain a CE Certificate.

The Southern Arizona Psychological Association (SAPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. SAPA maintains responsibility for all of its programs and content. Questions about this presentation may be addressed to drbeldotti@aol.com.