



# ***Southern Arizona Psychological Association (SAPA)***

## ***Childhood Abuse & Historical Trauma: Understanding Interactions & Implications for Treatment***

***Mayday Levine-Mata, Psy.D.***

***Saturday, February 21, 2015  
Double Tree by Hilton at Reid Park***

### **Description:**

The recognition and treatments of childhood trauma is a significant focus in the field of psychology. Successful treatment of childhood trauma demands a sophisticated approach to recognizing how Cultural Competence and the use of Evidence-Based Practices interact. This training will provide an overview of childhood trauma, review the concept of Historical Trauma, and provide an opportunity for participants to discuss how the individual experience of trauma can be influenced by Historical Trauma. Finally, the presentation will include a review of up to 4 treatment modalities that can be utilized with clients with childhood trauma (i.e. Trauma-Focused CBT, Shame-Resilience, Child-Parent Psychotherapy, Seeking Safety, etc.). Since no treatment is ever perfect, this program will also include a guided discussion of practices that can help address any identified short-comings of these modalities.

### **This intermediate presentation will help participants:**

1. Describe the conceptualization of trauma;
2. Describe Historical Trauma;
3. Discuss how Historical Trauma interacts with individual trauma experience;
4. Describe up to 4 treatment approaches for addressing childhood trauma;
5. Compare up to 4 treatment approaches from a Historical Trauma perspective,
6. Critique and discuss solutions to treatment shortcomings.

### **About the Speaker:**

Dr. Levine-Mata is a Clinical Psychologist and Past President of the Southern Arizona Psychology Association. The first half of Dr. Levine-Mata's career was spent working with children at a residential treatment program for severely emotional disturbed children ages 6-18. She is currently the Chief, Clinical Services for the Community Partnership of Southern Arizona (CPSA). Previously, she was Program Director for Sierra Tucson. Before that, Dr. Levine-Mata served as Director of Clinical Initiatives and Training Director for the APA approved pre-doctoral internship for La Frontera Arizona, a community-based, nonprofit behavioral health center, where she provided program development, training, clinical supervision, and strategic direction. Dr. Levine-Mata has also served as a Custody Mediator/Evaluator for the Pima County Superior Court, providing mediation and counseling, along with establishing a research model to monitor outcomes of parenting education classes.

**Date:** Saturday, February 21, 2015

**Time:** 9:30 AM Check-In  
10:00-12:00 Program  
12:00 - 12:30 Lunch provided  
12:30 - 2:30 Program

**Location:** Double Tree by Hilton at Reid Park  
445 S. Alvernon Way  
Tucson, AZ 85711

**CE's:** 4 CE's (Child Abuse)

**Registration Fees:**

SAPA Members:	
Early Bird (before 2/1):	\$70
Regular (2/1 or after):	\$80
Walk-In:	\$100 (space permitting)
Non-SAPA (open 2/1):	\$100
Walk-In:	\$125 (space permitting)
Students/Interns:	\$35

**Registration deadline is 2/18/15.** Register online at SAPA (<http://www.sapaonline.org/events>) or go directly to the registration page (<http://sapatrauma.eventbrite.com>). For questions about this event, contact Patricia Beldotti, PsyD, SAPA CE Committee Chair (drbeldotti@aol.com). Cancellation/refund deadline is 2/17/15.

**Continuation Education Credits:**

*These events are offered for four (4) Category 1 CE Credits. This event is designed to meet criteria for Arizona required Child Abuse / Domestic Violence CE's, however no guarantee of this can be made. Attendees are encouraged to check with the AZ Board of Psychologist Examiners for a definitive answer. Participants must sign in, be present for the entire presentation, and complete the Evaluation Questionnaire 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.*