

“Emotional Regulation of Children with a Trauma History”

Brought to you by Riverside Trauma Center

Training Description

How can we help children with a history of trauma develop the ability to express feelings in constructive ways instead of impulsive or hurtful ways? Using lecture, exercises, and discussion, this workshop will explore the concept of emotional regulation in children with a history of trauma. Neurobiological and clinical models of emotional regulation will be discussed within an ecological perspective. Practical skills to support children will be shared, with a particular emphasis on working with parents and teachers.

Who Should Attend?

This talk is geared to mental health clinicians, but would also be valuable to family partners, outreach workers, school personnel, health professionals, child welfare workers, and others.

When and Where

Friday, July 14, 2017; 9:30 am-12:30 pm (registration starts 9 am); MIT Endicott House, 80 Haven St., Dedham, MA

Continuing Education

Applications for 3 hours of continuing education credits will be submitted for Social Workers, LMHCs, LMFTs, and Nurses. Please contact Jenny Huynh (jhuynh@riversidecc.org) for the status of the CE accreditation. This training is approved for 3 hours of continuing education for Psychologists.*

Registration

Cost is \$55 per person or \$35 per person for Riverside Community Care employees. Pre-registration is required. Register online at emotionalregulation2.eventbrite.com. You can also register with the attached form or by contacting jhuynh@riversidecc.org. Refunds will not be available for this training.

Questions

For questions, please email jhuynh@riversidecc.org or call 781-433-0672, ext. 5738. Coffee/bagels will be provided.

There is no commercial support or conflict of interest known for programs or instructors listed in this training announcement.

www.riversidetraumacenter.org

Riverside Trauma Center

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Speaker:

Nadja Reilly, PhD, is a licensed psychologist with 20 years of clinical experience specializing in children, adolescents, and families. She is currently the Associate Director of the Freedman Center for Child and Family Development at William James College. Dr. Reilly is the author of the book *Anxiety and Depression in the Classroom: A Teacher's Guide to Fostering Self-Regulation in Young Students*.

Learn to:

- ◆ Describe conceptual and empirical foundations of emotional regulation, including neurobiological models, developmental considerations, social factors, psychopathology, and interventions.
- ◆ List practical skills to promote emotional regulation while working with children in a clinical setting as well as skills to share with parents and teachers.



*Riverside Community Care is approved by the American Psychological Association to sponsor continuing education for Psychologists. Riverside Community Care maintains responsibility for this program and its content.

