

# Five Acres 5th Annual Clinical Conference: Break-Out Session Details

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**Session One: 8:30am-11:45am**

## Track 1:

### **The Relationship Between Parental-Out Migration to the United States and Mental Health of Left-behind Children in Mexico**

*by Karla Rodriguez, M.S., LMFT*

**Educational Goal** This workshop is intended for mental health clinicians that seek to gain increased knowledge on the researched effects that parental-out migration has on left-behind children. Clinicians will learn how parental-out migration can impact personal attachment and what implications this might have on developing mental health symptoms. Clinicians will learn implications and interventions for working with left-behind children and transnational families.

**Learning Objectives** At the end of this course, participants will be able to:

- 1) Participants will be able to recite what the most current literature and studies reveal
- 2) Participants will be able to discuss how a clinician can view the impact of parental-out migration on youth development through an attachment model perspective.
- 3) Participants will be able to identify what common symptomatology occurs in left-behind children.
- 4) Participants will be able to describe implications and apply interventions for working with left-behind children and transnational families.

## Track 2:

### **Community Resiliency**

*by Amber Legault, LMFT*

**Educational Goal** A main goal of this workshop will be to expand access to wellness skills to enhance resiliency for client's who experience stress or trauma of any kind. To learn the different types of trauma, and how it affects the body as well as the mind. To understand the connection between the body and the mind, and how utilizing this biological model, clinicians can assist the client in working through the response to stress or trauma.

**Learning Objectives** At the end of this course, participants will be able to:

- 1) Participations will be able to explain stress and trauma as it relates to the LGBTQ community.
- 2) Participants will be able to classify the different aspects of the brain, and their connection to the body in its reaction to stress or trauma
- 3) Participants will be able to differentiate how working with the body rather than with the narrative has different effects on ones response to trauma
- 4) Participations will be able to utilize 3 wellness skills with clients.

## Track 3:

### **How is the Brain Affected by Traumatic Experiences, and How Does this Affect the Person's Functioning**

*by Haig Kojian, Ph.D.*

**Educational Goal** Neuropsychological concepts associated with traumatic experiences.

**Learning Objectives** At the end of this course, participants will be able to:

- 1) Participants will be able to explain the neuropsychology behind emotional and behavioral reactivity.
- 2) Participants will be able to summarize the role of the amygdala in traumatic reactions to stress.
- 3) Participants will be able to explain the biological origins of threat sensitivity.

## Session Two: 1:15pm-4:30pm

### Track 1: **Creative Interventions: Merging Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) with Play Therapy**

*by Karla Rodriguez, M.S., LMFT*

**Educational Goal** This workshop is intended for clinicians that wish to expand their intervention tool-box by adding more creative and fun interventions without compromising the fidelity of the P.R.A.C.T.I.C.E. components inherent to the model. Workshop will provide clinicians with information on books, toys, D.I.Y. games and more. This workshop is intended for new and practicing clinicians to re-invigorate their use of this E.B.P.!

**Learning Objectives** At the end of this course, participants will be able to:

- 1) Participants will be able to list the PRACTICE treatment components of TF-CBT.
- 2) Participants will be able to explain how various books, toys, D.I.Y. games and additional resources will better inform their use of TF-CBT moving forward.
- 3) Participants will be able to construct new creative interventions relating to the Relaxation, Affective Modulation and Cognitive Coping portion of TF-CBT.
- 4) Participants will be able to develop new creative interventions relating to the Trauma Narrative portion of TF-CBT.

### Track 2: **Immigration and Trauma: Seeking Hope and Surviving Past, Present and Future/ Esperanza y Sobrevivencia Pasado, Presente y Futuro**

*by Patricia Gonzalez, LMFT*

**Educational Goal** Attendees will increase knowledge of how trauma affects the mental health of immigrants beginning in countries of origin, in the process of immigration and continuously in the US. Attendees will learn and apply trauma informed interventions that focus on resilience with use of case examples and learning activities.

**Learning Objectives** At the end of this course, participants will be able to:

- 1) Attendees will be able to adapt at least 2 current interventions relevant to cultural context of
- 2) Attendees will be able to summarize the intersection of immigration trauma and mental health.
- 3) Attendees will be able to perform at least 2 new interventions to address trauma in cultural context.
- 4) Attendees will be able to apply 2 techniques presented to identify strengths and resiliencies in clients.

### Track 3: **Groundbreaking Interventions- Working with Children, Teens and Families in Foster Care and Adoption**

*by Jeanette Yoffe, MFT*

**Educational Goal** Participants will learn structured treatment activities, view examples, and receive detailed explanations of the goals of treatment, materials needed, and the "how to" approach for each methodology. This workshop is recommended for professionals working in the mental health field.

**Learning Objectives** At the end of this course, participants will be able to:

- 1) Participants will be able to give examples of how they can help the parent and child develop and maintain attunement while communicating safety, fun, joy and love.
- 2) Participants will be able to use strategies that will help them engage, connect, and build trust with resistant children affected by abuse and neglect.
- 3) Participants will be able to summarize how newly introduced tools and interventions can be used with children to help them better express anger, grief and loss.
- 4) Participants will be able to create a safe holding environment within the by utilizing creative therapeutic toys and games.