Helping Survivors to Heal from Sexual Trauma: An Attachment Approach

WORKSHOP FOR THERAPISTS, SPONSORED BY REENA BERNARDS ASSOCIATES AND TIME TO TELL

Friday, Jan. 13, 2023, 10:00 am to 1:00 pm EST on Zoom
3 CE Credits
Fees: Workshop $100.00, CE Credits $10.00

The workshop is to train therapists on how to work with survivors of sexual trauma. It will focus on working with clients in the different stages of therapy, including assessment, psychoeducation, beginning self-awareness, deepening the experience, and consolidating gains. This interactive workshop will include techniques of grounding, mindfulness, and using writing as a tool in healing. Finally, we will address therapist self-care to prevent the effect of secondary traumatization.

Instructors:
Reena Bernards, LCMFT, is a licensed Marriage and Family Therapist, in private practice in Maryland and Washington D.C. She is certified as an Emotionally Focused Therapist and works with individuals, couples, and families using a trauma-informed and attachment lens. She also works as an inter-group dialogue consultant and trainer. See her website.

Donna Jenson, MA, is the Founder and Director of Time To Tell. Author of Healing My Life From Incest to Joy, editor of the anthology, Survivor Voices; and producer of the documentary Telling Is Healing. Since 2008 Jenson has led writing circles for survivors. She is also a leadership development consultant for non-profits. See her website.

The CE Company is approved by the American Psychological Association to sponsor continuing education for psychologists. The CE Company maintains responsibility for this program and its content.

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LEARNING OBJECTIVES

Define the stages of therapy necessary for working with a survivor of sexual abuse

Be able to apply the techniques of grounding, mindfulness, and writing about trauma

Identify techniques of self-care for the therapist to be used to avoid the impact of vicarious traumatization

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