

**PTSD in  
Children &  
Adolescents**

**April 27, 2009**

# ELISSA J. BROWN, PH.D.

Dr. Brown is Associate Professor of Psychology and Director of the PARTNERS program at St. John's University, in Queens, N.Y. Formerly, she had been Assistant Director of the NYU Child Study Center's Institute for Children at Risk, and Assistant Professor of Psychiatry at the NYU School of Medicine. She has made the treatment of traumatized children her life's work. In 2001, she received a five-year grant from the National Institute of Mental Health to compare different types of therapy for abused children and their caregivers. After the tragic events of September 11th, 2001, she created a 9/11 Bereavement Project that provided and tested therapies for children whose fathers were killed in the line of duty during the World Trade Center attacks.

Recognizing that children who have been traumatized often experience ongoing emotional and behavioral difficulties to a greater extent than others, and curious as to why that is and how it could be addressed, she has designed a program to provide and evaluate different forms of therapy for children who have been traumatized, as well as for their parents. The Prevention of Adverse Reactions To Negative Events and Related Stress (PARTNERS) program helps parents learn effective ways to manage difficult behavior and, at the same time, helps children and adolescents learn strategies to handle their symptoms of anxiety, depression, and anger. It is a parent-child intervention designed to decrease children's emotional and behavioral problems, improve parenting practices, and enhance parent-child communication.

Dr. Brown was recently awarded a \$1.6 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to provide and train staff in pediatric and psychiatric departments throughout Queens and Eastern Brooklyn to screen, evaluate, and treat children and adolescents traumatized by abuse, domestic violence, community violence, disasters and war/terrorism. PARTNERS is now a community-based site in the National Child Traumatic Stress Network.

Participants will be able to:

- ✓ Understand the demographic, epidemiological, predisposing risk factors, and diagnostic issues related to Posttraumatic Stress Disorder in children and adolescents;
- ✓ Identify the causative factors associated with the development of PTSD, including abnormal processing of traumatic memories;
- ✓ Identify a step-wise, stage-based approach to interventions with children and adolescents exposed to traumatic events;
- ✓ Understand the key elements of evidence-based treatment practices with children and adolescents who are diagnosed with PTSD, including cognitive-behavioral therapy, exposure therapy, anxiety management techniques, and family psychoeducation.

## Targeted Audience

For intermediate and advanced level Social Workers, Psychologists, Psychiatrists, Nurses, CADCs/LCADCs, Teachers, Other Behavioral Health and School Staff.

## Continuing Education Units

5 Hours Social Work CEU's approved by NASW-NJ (Pending)

## Course Syllabus

**9:00 a.m. - 9:30 a.m.**

Registration and Continental Breakfast

**9:30 a.m. - 9:40 a.m.**

Welcoming Remarks, Introduction, and Scope of Conference

**9:40 a.m. - 10:20 a.m.**

Diagnosis, Demographics, and Epidemiology of PTSD in Children & Adolescents

**10:20 a.m. - 11:00 a.m.**

Risk Factors for PTSD

**11:00 a.m. - 11:15 a.m.**

Coffee Break

**11:15 a.m. - 12:00 a.m.**

Theoretical Understanding of Development of PTSD: Abnormal Processing of Traumatic Memories

**Noon - 12:30 p.m.** Lunch

**12:30 p.m. - 1:30 p.m.**

Treatment: First-Step Management, Cognitive-Behavioral Therapy, Pharmacotherapy

**12:30 p.m. - 1:00 p.m.**

Exposure Therapy

**1:00 p.m. - 1:45 p.m.**

Anxiety Management Techniques: Relaxation and Assertiveness Training

**1:45 p.m. - 2:00 p.m.**

Coffee Break

**2:00 p.m. - 2:45 p.m.**

Techniques for Involving Parents and Providing Psychoeducation

**2:45 p.m. - 3:00 p.m.**

Closing Remarks, Q & A, Evaluations