

Advanced Training Agenda, May 4-5, 2023

**Breaks will be taken throughout the schedule on both days.*

Parent-Child Interaction Therapy (PCIT)- May 4, 9 a.m. – 12 p.m.

Trainers: Glenn Mesman, PhD, Joy Pemberton, PhD, Karin Vanderzee, PhD - UAMS

9:00 a.m. The Magic Behind the Glass: Structuring CDI Sessions for Success

You know the nuts and bolts of PCIT, but do you know how to personalize PCIT to help the family get the biggest bang for their buck? In this session, trainers will help participants navigate through some of the trickier aspects of the CDI sessions to maintain model fidelity, personalize the PCIT experience, and advance families to PDI faster. Use of coaching techniques, toys, and other choices will be discussed.

10:00 a.m. Coaching Caregivers Through Their Many-Colored Days

Coaching caregivers is what makes PCIT PCIT. However, therapists often encounter challenging caregiver behaviors that can be tough to navigate. Trainers will provide participants with guidance for coaching through these common challenging caregiver behaviors. Participants will role play selecting and utilizing these strategies during role play activities in small groups and receive feedback from trainers.

11:30 a.m. Ask the Trainer

Have a coding question you need answered? Need consultation on how to use PCIT skills to manage a challenging child behavior in session or at home? Uncertain of how to provide feedback to a caregiver about homework completion or attendance? If so, now is your time to ask the trainer any question you have about PCIT!

Child-Parent Psychotherapy (CPP) - May 4, 1 p.m. – 4 p.m.

Trainers: Kelly Hamman, LCSW, Sufna John, PhD, Karin Vanderzee, PhD - UAMS

1:00 p.m. Transgenerational Caregiving - Supporting Grandparents and Bio Caregivers

This presentation will help clinicians explore considerations and techniques for enhancing engagement for grandparents in CPP. They will learn methods for facilitating effective and healthy co-parenting relationships amongst grandparents and biological parents and reflect on their own biases and how their values shape the work they do with this population.

2:30 p.m. It's Time for Saying Goodbye: Considerations for Planned Termination

This presentation will help clinicians understand procedures and practices within CPP planned termination that help to facilitate a thoughtful, ethical, and competent termination of the therapeutic relationship with children and their caregivers. They will reflect on how their own biases about ending the therapeutic relationship potentially impact termination.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)- May 5, 9 a.m. – 12 p.m.

Trainers: Ben Sigel, PhD, Karin Vanderzee, PhD - UAMS

9:00 a.m. TF-CBT News You Can Use

This session will provide up-to-date resources and research related to TF-CBT in general as well as ARBEST-specific resources designed to help practitioners maintain and enhance TF-CBT practice.

10:30 a.m. We Finished Trauma Narration and Processing! We're done, right? Wrong!

This session will help clinicians hone their skills in delivering the -ICE components of TF-CBT (In vivo Mastery of Trauma Reminders, Conjoint Child-parent Sessions, and Enhancing Future Safety and Development) while holding fidelity, development, and culture in mind.

Advanced Training General Session - May 5, 1 p.m. – 4 p.m.

Trainer: Katy Dondanville, Psy.D., ABPP - UT Health Science Center at San Antonio

1:00 p.m. Increasing Engagement: Integrating Motivational Interviewing Techniques into Trauma-Focused Treatments

Avoidance is both a symptom of PTSD and an effective coping style to reduce distress. For many clients, it is the default mode of surviving with PTSD. It's not an intentional choice the client is making to cancel their therapy appointment or to forget their practice assignment, but it interferes with recovery and engagement in trauma-focused treatments. The workshop will focus on integrating motivational interviewing techniques to better engage adults, adolescents, and families in trauma-focused therapies. The workshop will include didactics, demonstrations, question and answer, case consultation, and opportunities for practical skill building through role-plays. This is appropriate for a therapist trained in any trauma-focused treatment seeking to enhance engagement skills.

Training Information

- To register for the general session, you must be a licensed mental health professional in the state of Arkansas and have completed or are currently engaged in training with ARBEST. To register for individual evidence-based treatment session, you must have completed or are currently engaged in the corresponding EBT training with ARBEST.
- Register for each session individually in the ARBEST Webportal.
- CEUs: 3 CEUs for each session.