

Building Bridges over Troubled Water: Working with Traumatized Children

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Tragically, we live in a violent world. Each day individuals are exposed to the media attention of terrorist events, war, and gang related violence. Although, these images of violence have become common fixtures in our daily routines, no one is ever immune from the effects of trauma. However, children are particularly vulnerable to the aftermath of traumatic events. Each year millions of children confront complex mental health issues as the result of traumatic wounds in their lives.

Unfortunately, trauma can occur at any time during an individual's life and can precipitate a number of clinical obstacles for mental health professionals. The current literature supports the difficulty in identifying and diagnosing traumatized children. Moreover, counseling traumatized children is often a complex task that often requires advanced training. Consequently, mental health professionals are often challenged in exploring innovative treatment options to assist young survivors in coping with traumatic memories.

This workshop will highlight various counseling approaches when working with traumatized children. In addition, participants will also be exposed to the basic clinical characteristics of trauma as well as the neuro-physiological effects that are often obstacles to effective treatment. Activities will be demonstrated to incorporate families in providing an additional sense of stability, and security in a child's shattered life. The facilitators of this session will bring their combined thirty years of experience in treating children who are affected by trauma and offer participants various strategies for crisis stabilization.