

**The CARES Institute's
Experts in Child Abuse and Neglect Lecture Series:
Annual Symposium**

**April 29, 2021
9:30 AM – 3:30 PM**

Intended audiences: This presentation is intended for child protection workers, law enforcement personnel, attorneys, physicians, nurses, mental health professionals (including psychiatrists, psychologists, social workers of all levels, and licensed counselors), and all other disciplines not listed.

Live Online Interactive Presentation

To Register, visit: <https://www.eventbrite.com/e/cares-institutes-annual-symposium-registration-141174479669>

Presentation by Matt Kliethermes, PhD: Enhancing TF-CBT Application for Youth Exposed to Complex Trauma

Program Description:

Participants of this program will receive a brief introduction to complex trauma exposure and outcomes in youth. This will be followed by a discussion of the impact of complex trauma outcomes on TF-CBT application. The program will conclude with suggestions for successful TF-CBT implementation for youth exhibiting complex trauma outcomes.

Learning Objectives:

- Participants will understand the basics of complex trauma exposure and outcomes
- Participants will understand the impact of dysregulation on TF-CBT application
- Participants will understand the importance of phase-based treatment for complex trauma
- Participants will understand the application of TF-CBT PRACTICE components for youth exposed to complex trauma
- Participants will become familiar with the research literature for TF-CBT with youth exposed to complex trauma.

Matt Kliethermes, PhD, is the Training Director at Children's Advocacy Services of Greater St. Louis (CASGSL) and a Clinical Professor in the Department of Psychological Sciences at the University of Missouri-St. Louis (UMSL). Dr. Kliethermes has 20 years of experience and extensive training in the field of child trauma. He provides direct clinical services to youth exposed to trauma, supervises mental health trainees, teaches at the undergraduate level, and provides frequent training and consultation at local, state, and national levels. Dr. Kliethermes is a nationally certified Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) trainer and the author of multiple book chapters and articles pertaining to TF-CBT and childhood trauma.

Presentation by Shannon Wiltsey Stirman, PhD: Sustaining Evidence-Based Mental Health Practices

Presentation Description:

Implementation theory and research has shed light on numerous contextual factors that may impact an agency or system's ability to sustain the use of evidence-based interventions. These range from policies and leadership to knowledge and beliefs of individual therapists, as well as perceptions of fit between the setting, client, and intervention. Recently, attention has turned to the need to adapt interventions while maintaining adequate fidelity. This presentation will highlight factors that have been associated with ongoing use of a trauma-focused psychotherapy across different mental health systems. Additionally, findings and recommendations related to navigation of the potential tensions between fidelity and adaptation when working with diverse populations and in lower-resource settings will be highlighted.

Learning Objectives: Participants will be able to:

- Explain factors that are associated with sustaining evidence-based trauma-focused interventions
- Discuss findings on relationships between fidelity and adaptation

Shannon Wiltsey Stirman, PhD, is a clinical psychologist and implementation researcher in the Dissemination and Training Division, and an Associate Professor at Stanford University's Department of Psychiatry and Behavioral Sciences. Her clinical work and research focus on implementation, fidelity, and adaptation of cognitive behavioral therapies for individuals with PTSD, depression, suicidality, and anxiety. She regularly provides CBT and Cognitive Processing therapy training and consultation. With the Fidelity, Adaptation, Sustainability and Training (FAST) Lab, she has been conducting research that focuses on implementation and sustainability of evidence-based psychosocial treatments in public mental health settings. She was a Fellow of the NIMH and VA-funded Implementation Research Institute, and later served as an expert faculty member. Currently, she serves on the board of the American Psychological Association and the Society of Implementation Research Collaboration (SIRC). She was awarded the ABCT Mid-Career Innovator Award in 2018. Her research has been funded by the National Institute of Mental Health, VA QUERI, and the Canadian Institute for Health Research.

Agenda

Presentation by Matt Kliethermes, PhD: Enhancing TF-CBT Application for Youth Exposed to Complex Trauma

9:30 AM – Introduction to complex trauma

10:30 AM – Impact of complex trauma on TF-CBT implementation

11:30 AM – Application of TF-CBT PRACTICE components for complex trauma

12:00 PM – End of Presentation

12 PM – 1 PM - Break

Presentation by Shannon Wiltsey Stirman, PhD: Sustaining Evidence-Based Mental Health Practices

1:00 PM – Overview of potential determinants of implementation and relevant findings

1:30 PM – Fidelity and adaptation

2:00 PM – Questions and discussion

3:30 PM – End of Presentation

Requesting Assistance: If you require assistance with hearing, or vision to make this conference accessible to you, please contact the office at (856) 566-6744 three (3) weeks prior to the conference.

Accreditation: Please contact the CARES Institute at (856) 566-6744 or carestraining@rowan.edu for information about continuing education credits.

*To receive CE credit for this training, you must have attended the entire conference and complete the evaluation. Upon completion of the evaluation form, you will receive an attendance certificate including CE information. Please note it may take up to 2 weeks to receive the certificate via email.

Psychologists: Rowan University CARES Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Rowan University CARES Institute maintains responsibility for this program and its content.

Social Workers: An application has been submitted to the Association of Social Work Boards ACE Program.

Attorneys: An application has been submitted to the Board on Continuing Legal Education of the Supreme Court of New Jersey.

Physicians: An application has been submitted to Medical Society of New Jersey through the joint providership of Atlantic Health System and the American Academy of Pediatrics, New Jersey Chapter.

Nurses: Nurses seeking continuing will receive CME upon approval; see Physicians.