

Stephanie Sarkis - PTSD and Trauma in Children and Adolescents Assessment and Effective Treatment

Faculty:

Stephanie Sarkis

Duration:

5 Hours 41 Minutes

Format:

Audio and Video

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Oct 02, 2013

Description

- Changes in Criteria for DSM-5®
- New DSM-5® Category for Preschool PTSD
- Long Term Treatment vs Brief Crisis Interventions
- Psychotropic Medications -Benefits & Side Effects

Childhood presentations of post-traumatic stress disorder (PTSD) can be difficult to identify and treat. Watch this seminar and learn cutting-edge strategies for children who present in your practice with symptoms of PTSD. You will learn interventions for both immediate post-trauma and long-term treatment. In the new DSM-5®, there is a new feature in the diagnosis of PTSD – a preschool subtype for children ages six and younger. You will learn the new criteria as this change will impact how you diagnose and treat children with PTSD.

Discover why some children develop PTSD symptoms, while others do not – even after being exposed to the same traumatic event. You will learn what psychotropic medications are prescribed for PTSD in the pediatric population, along with benefits and side effects. Find out what you can do as a clinician to reduce your client's symptoms and protect your client from future recurrences of PTSD.

Handouts

Manual – PTSD and Trauma in Children (1.8 MB)	32 Pages	Available after Purchase
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Outline

Developmental Course of PTSD

- Children
 - Changes in criteria for DSM-5® (2013)
 - Influence of PTSD
 - ADHD, depression, and anxiety's
- Adults
 - Changes in expression of symptoms

PTSD & Trauma in Children – Case Studies

- Columbine High School shootings (1999)
- Indian Ocean tsunami (2004)
- Hurricane Katrina (2005)
- China flooding (2010)
- Japan tsunami (2011)
- Exposure to community violence
- Children with a history of abuse
 - Sexual abuse
 - Physical abuse
 - Witnesses to domestic violence

DSM-5® (2013) – PTSD Pre-school Subtype

- New subcategory for PTSD
 - Children younger than 6 years old
 - Symptom clusters
 - Minimum symptom requirements
 - Witnessing parent trauma
- Application to bullying and domestic violence

On-site Trauma Treatment for Pediatric PTSD

- Crisis therapy treatments
 - Critical Incident Stress Debriefing (CISD)
 - Psychological First Aid (PFA)
- Debriefing
- Psychoeducation for parents

Clinical Treatments for Pediatric PTSD & Trauma

- Cognitive Behavioral Therapy (CBT)
 - Cognitive restructuring
 - Desensitization
 - Imaginal exposure
 - Rehearsal of traumatic experience
- Play therapy
 - Relationship-based

- Storytelling
- Reenactment
- Puppetry
- Sandtray play
- Filial play therapy
- Sports/games therapy
- Art therapy
 - Formal Elements of Art Therapy Scale
 - Chapman Art Therapy Treatment Intervention
 - Trauma-Informed for sexual abuse
- Group therapy
 - Multi-Modality Trauma Treatment
 - CBT
 - School-based psychosocial treatment
 - Brief trauma/grief-focused psychotherapy
- Parental/caregiver participation
 - Social support
 - Stable home environment
- Medications
 - Antidepressants
 - Anxiolytics

Future research on PTSD & Trauma in children

- Genetic links and markers predisposing children to PTSD
- School violence and development of PTSD

Faculty



Stephanie Sarkis, PhD, NCC, LMHC Related seminars and products: 5

Author, Psychotherapist

Stephanie Moulton Sarkis PhD NCC DCMHS LMHC, is a bestselling author and psychotherapist specializing in anxiety, gaslighting, narcissistic abuse, and ADHD. She is the author of several books, including the best-selling *Gaslighting: Recognize Manipulative and Emotionally Abusive People – and Break Free* and *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals*. She was named a Diplomate and Clinical Mental Health Specialist in Child and Adolescent Counseling of the American Mental Health Counselors Association, one of only 20 professionals in the United States with this dual designation.

Dr. Sarkis is also a National Certified Counselor, Licensed Mental Health Counselor and a Florida Supreme Court Certified Family and Circuit Mediator. Dr. Sarkis is the founder of the Sarkis Institute, specializing in the treatment of comorbid anxiety and ADHD. She is a contributor to *Forbes*, *Psychology Today*, and *The Huffington Post*. Her *Psychology Today* posts have been viewed over 26 million times. She has a PhD, EdS, and MEd in Mental Health Counseling from the University of Florida, named by *US News and World Report* as the top counselor education program in the country. Dr. Sarkis has appeared on CNN, 10% Happier with Dan Harris, Sirius XM Doctor Radio, ABC (U.S.), ABC (Australia), and many more media outlets. Her research is published in the *Journal of Attention Disorders*. She is based in Tampa, Florida, where she provides evaluations and psychotherapy. You can visit her website at www.stephaniesarkis.com.

Speaker Disclosures:

Financial: Stephanie Sarkis is the founder of the Sarkis Institute. She has received monetary awards for her research and has worked as a sub-investigator for major pharmaceutical companies, such as Abbott Laboratories, Glaxo/SmithKline, and Lexicor. Stephanie has books published by New Harbinger Publications and receives royalties. She writes blogs for Psychology Today and Huffington Post. She receives a speaking honorarium from PESI, Inc.

Non-financial: Stephanie Sarkis is on the Professional Advisory Board of Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD). She has received an American Psychological Association Outstanding Dissertation Award.

Proof Content



Handouts



1.8 MB



1. 9634.mp4



1.3 GB