



**The Post-Graduate Center**  
**Institute for Graduate Clinical Psychology**  
**Widener University**  
**www.postgraduatecenter.org**

*Cultivating Ideas.*

## **Fall 2008 Workshops**

**Loss and Traumatic Stress  
 & Child Sexual Abuse Treatment Series**



**Renovating One's Life: Cognitive and Behavioral Treatment Tools for Trauma and Loss**

**Stephen DiJulio, PhD**

Friday, October 17th, 2008 9:00am-4:00pm

University Center | Webb Room

LT | CSA | ACT 48



### **Workshop Description**

This program emphasizes the utility of cognitive and behavioral paradigms for treatment of clients who have experienced trauma or loss. After a brief review of theoretical underpinnings of cognitive and behavioral approaches, the workshop will demonstrate, with audience participation, several coping tools such as brief relaxation techniques, imagery, and grounding techniques that are of particular relevance for use with clients of all ages who have survived trauma or loss. Promising new developments in cognitive therapy, such as schema therapy and mindfulness meditation, will also be highlighted. Participants will come away with first-hand experience of specific techniques and written materials that can be used with clients immediately. This workshop will be especially useful for clinicians who do not have a cognitive-behavioral focus but who wish to expand the tools available for use in their work with trauma and loss survivors.

This workshop applies as an elective to both the Loss and Traumatic Stress and the Child Sexual Abuse Treatment Certificate Programs.\*



### **Objectives**

- Understand the basic theory and methods of cognitive and behavioral therapies.
- Learn about promising new developments in cognitive therapy.
- Increase awareness of how to use psychoeducational and bibliotherapy materials with clients.
- Experiment with brief relaxation and grounding techniques, and understand when they might be indicated.
- Understand the usefulness of imagery in treatment of clients who have experienced loss or trauma.
- Gain a perspective on the effectiveness of group therapy for trauma survivors.

LT = Applies to the Loss and Traumatic Stress Certificate Program

CSA = Applies to the Child Sexual Abuse Treatment Certificate Program

ACT 48 = Workshop approved for ACT 48 credits

Individuals do not need to be enrolled in a certificate program to participate in this workshop.

\*Note: Mandatory/Core Knowledge workshops cannot be applied to both certificate programs. Electives can be credited towards both certificates, provided they are designated as applying to both.

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