



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



**The Heart of the Matter: Concepts
 and Techniques of Child Sexual Abuse
 Psychotherapy**

Constance Pelesh, MS, LPC, NCC & Panel

Friday, October 24th, 2008 9:00am-4:00pm

University Center | Webb Room

LT | CSA | ACT 48



Workshop Description

The morning will focus on crucial aspects of the therapeutic environment that lead to successful treatment of child sexual abuse, regardless of theoretical approach or technique. Citing recent findings on brain changes after traumatic stress, management of the trauma experience in therapy will be discussed, with a particular emphasis on the role of dissociation. Case vignettes will be presented to illustrate these points. The afternoon panel of clinicians with specialized training in different techniques will compare these techniques to further elucidate how to bring about healing and health in the recovery process. Afternoon panelists include:

Sara Moore Hines, LPC, NCC, MCAT, ADTR

Therapist, Family Support Line and Private Practice, Drexel Hill, PA | Movement Therapy, Group Therapy

Constance Pelesh, MS, LPC, NCC

Therapist, Family Support Line and Private Practice, Media, PA | EMDR, Group Therapy

William Mayer, MS, LMFT

Group Leader, Family Support Line, Director of Family-Based Program, Creative Health Services, Pottstown, PA
 Family Therapy, Group Therapy

Anthony Goldsmith, MA, BCETS

Clinical Director, Family Support Line and Private Practice, Media, PA | Family Therapy

Jane Mackay, MA

Therapist, Family Support Line and Private Practice, Media, PA | Play Therapy, EMDR

Elizabeth Musewicz, MS, LPC

Therapist, Family Support Line and Private Practice, Swarthmore, PA | Cognitive Behavioral Therapy

Pat Kosinski, MSS Moderator | Executive Director, Family Support Line

This is the Core Knowledge Part 3 for the Child Sexual Abuse Treatment Certificate and applies to the Loss and Traumatic Stress Certificate. 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.



Objectives

- Create a comforting environment that encourages sharing.
- Promote and model boundaries that ensure a sense of safety.
- Observe the impact of betrayal on the client's relationships, both in the therapy and in the larger world.
- Recognize the importance of educating clients about the dynamics of sexual abuse and personal safety.
- Discuss recent developments which have impacted the treatment of childhood sexual abuse.
- Identify how different treatment techniques can help the client process traumatic material.

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.