



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

*Cultivating Ideas.*

**Fall 2009 Workshops**

Loss and Traumatic Stress, Child Sexual Abuse Treatment & Early  
 Childhood Mental Health Treatment Series



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

**Constance Pelesh, MS, LPC**

Friday, October 20th, 2009 9:00am-4:00pm  
 University Center | Webb Room  
 CSA Core 3 | LT Elective | ACT 48 | 6 CE Credits



**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
- 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 as an elective to the Loss and Traumatic Stress Certificate



**Objectives**

Participation in this program will allow you to:

- 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

ECMH = Applies to the Early Childhood Mental Health 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.