Course Description

Traumatized adolescents struggle with self-regulation. They are dysregulated across systems--neurologically, cognitively, physically, emotionally, behaviorally, socially, and spiritually. Anxious and vigilant, and unable to trust themselves or caregivers, they may experience even loving relationships as confusing and frightening. But to learn self-soothing, they must first be able to rely upon others, and discover the joy of co-regulation. They benefit from relationships with adults that provide them with the psychological (and physical) sense of containment they cannot supply themselves. In this workshop, we will discuss and practice mindful, empathic strategies to help these teens—and their parents—feel more secure, connected, present, and stable.

Faculty: Martha B. Straus, Ph.D. – Martha is a professor in the Department of Clinical Psychology at Antioch University New England Graduate School in Keene, New Hampshire, and adjunct instructor in psychiatry at Dartmouth Medical School. She maintains a small private practice in Brattleboro, VT and consults to schools, social service agencies and courts. Dr. Straus is the author of numerous articles and four books including No-Talk Therapy for Children and Adolescents, and more recently, Adolescent Girls in Crisis: Intervention and Hope. Dr. Straus trains and conducts workshops internationally.

Learning Objectives

After attending this seminar, participants will be able to:

1. Understand the developmental importance of co-regulation
2. Demonstrate adult behavior that increases calm, intentional, empathic interaction
3. Discuss an alphabet of 26 strategies that improve emotional and behavioral co-regulation

Bibliography


