

# Adapted Trauma Focused Cognitive Behavioral Therapy (TF-CBT) for Individuals with Intellectual and Developmental Disabilities

April 22, 2016 • 8:30am - 4:30pm

Westside Regional Center—3rd Floor Boardroom  
5901 Green Valley Circle, Los Angeles, CA 90230



## Presenter:

Brian Tallant is a Licensed Professional Counselor and Program Director at the Aurora Mental Health Center, in Aurora, Colorado. Mr. Tallant manages Intercept Center, a mental health outpatient and day treatment program for children who have a dual diagnosis of a developmental disability and a co-occurring mental health disorder. He conducts workshops nationally and internationally on adapted therapies for individuals who have developmental disabilities.

## About the Event:

Individuals with intellectual and developmental disabilities experience high rates of abuse and neglect. In this session, the trainer will examine factors contributing to this vulnerability, clinical symptoms of traumatic stress, assessment techniques, and cultural competencies. An in-depth phase orientated trauma treatment model and adaptations will be presented, based on Trauma Focused Cognitive Behavior Therapy (Cohen, Mannarino & Deblinger, 2004). Inclusion of caregivers and other systems of care, as well as therapists' vicarious traumas will be considered.

## Participants Will:

1. Examine high rates of abuse and neglect among people with disabilities and factors contributing to this vulnerability.
2. Discuss trauma assessment techniques to help clinicians with diagnostic overshadowing and differential diagnosis.
3. Practice components of phase oriented trauma treatment and the adaptations to this model for individuals with intellectual and developmental disabilities.
4. Explore techniques to incorporate therapist and caregiver resilience into trauma treatment in the presence of vicarious trauma.

**Continuing Education: Psychologists - APA:** CIBHS is approved by the American Psychological Association to sponsor continuing education or psychologists. CIBHS maintains responsibility for this program and its content.

To register, go to: <https://adapted-tfcbt-wrc.eventbrite.com>



Please address any questions to Lindsay du Plessis at [lindsayd@westsiderc.org](mailto:lindsayd@westsiderc.org) or 310-258-4204.

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