



Trauma Focused Cognitive Behavior Therapy (TF-CBT) with Intellectual & Developmental Disabilities Workshop

June 19, 2015 • 1 - 4pm
Westside Regional Center—3rd Floor Board Room
5901 Green Valley Circle, Los Angeles, CA 90230



About the Event

Westside Regional Center is providing a 3-hour workshop to community mental health providers to strengthen their knowledge of Regional Center eligibility and services, developmental differences profiles, and application of TF-CBT with special needs populations.

The workshop will also provide participants with an increased understanding of the clinical challenges and adaptive application of evidence-based interventions in the mental health treatment of individuals with intellectual and developmental disabilities. Participants will have the opportunity to review vignette materials and present case challenges using the Trauma Focused Cognitive Behavior Therapy evidence-based model.

Participants Will:

1. Demonstrate knowledge of the Regional Center system (i.e., eligibility and services).
2. Demonstrate understanding of developmental differences, including intellectual disabilities.
3. Apply the TF-CBT model with populations presenting with intellectual and developmental disabilities.
4. Demonstrate understanding of how developmental differences and cognitive deficits impact the adaption of evidence-based practices.

Presenter

Mayra Mendez, Ph.D., L.M.F.T., C.G.P. has been working as a specialist in the area of mental health and intellectual and developmental disabilities for the past 30 years. She is recognized as an Infant/Preschool Mental Health Specialist and Reflective Practice Supervisor. She is the program coordinator for the developmental disabilities/mental health team at Providence/Saint John's Child and Family Development Center in Santa Monica and a consultant to Westside Regional Center. Dr. Mendez provides community trainings and consultations in the field of developmental disabilities and infant/preschool mental health. She is an adjunct instructor at Alliant International University/California School of Professional Psychology and a core faculty trainer for Los Angeles Child Guidance Center Early Intervention Training Institute. Dr. Mendez also provides expert testimony for cases involving special needs expertise and serves as an expert witness in disciplinary cases for the Board of Behavioral Sciences.

Cost: FREE!!!

To attend, please RSVP to Lindsay du Plessis at lindsayd@westsiderc.org or 310-258-4204.

This training event is funded by the Mental Health Services Act (MHSA) in partnership with the Department of Developmental Services.