

Mindfulness with Youth Exposed to Trauma

Workshop for Behavioral/Mental Health Providers

July 19, 2017 • 9am - 12pm

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

Presenter:



Allen E. Lipscomb has his doctorate in psychology with a clinical emphasis in marriage, family and child psychotherapy. Dr. Lipscomb is a Licensed Clinical Social Worker in the state of California who specializes in providing mental health services to individuals, children, youth and families of color. His areas of research are centered around the psychiatric epidemiology among racialized Black identified men across the Black/African Diaspora; complex-trauma related disorders among children, youth and men of color; cross-cultural assessment of mental disorders among racialized communities; Non-stigmatizing and Nonwestern alternative psychotherapeutic interventions for marginalized communities. He published his first book last Summer titled: *Black Male Grief Reaction to Trauma: A Clinical Case Study of One Man's Mental Health Treatment*. Dr. Lipscomb is an Assistant Professor at California State University Northridge in the Department of Social Work.

About the Event:

This workshop is aimed at providing mindfulness skills and techniques to clients whom have experiences trauma. Special attention will be given to simple and complex trauma. In addition, the presentation will incorporate an intersectionality perspective when working with children with various levels of abilities and identities. The workshop will highlight the unique challenges for those who are dual diagnosed with both a mental disorder and developmental disability.

Participants will be able to:

- ◆ Provide a common definition of trauma and its impact on child/adolescent mental health.
- ◆ Identify the impact of trauma on adolescent/child development from a bio-psycho-social lens.
- ◆ Engage in experiential activities to learn mindfulness interventions with children and youth.
- ◆ Describe mindfulness practice & Mindfulness-Based Cognitive Behavioral Therapy (MBCT).
- ◆ Explain how to utilize/implement MBCT when working with adolescent survivors of trauma.

To register, go to

https://mbp_children_youth_trauma.eventbrite.com

Please address any questions to Erin Fox at erinf@westsiderc.org or 310-258-4253.

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