

**A One Day Seminar**  
**\*(6 Continuing Education Credits)**

**Saturday, December 9, 2006**  
**8:30 am-12 & 1 pm -4:30 pm**

***Contextual Therapy for Adult Survivors  
of Prolonged Child Abuse***

Presented by

***Steven N Gold, PhD***

*Program Director, APA Division 56, Psychological Trauma*

*Co-Editor, Journal of Trauma Practice*

*Professor, Center for Psychological Studies*

*Director, Trauma Resolution and Integration Program*

*Nova Southeastern University*

**UAA – \*BEB 117**

\*[Same building and floor as the October Ethics workshop]

Co-Sponsored by:

University of Alaska-Psychology Department  
& Alaska Psychological Association (AK-PA)

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

**\*Six (6) continuing education credits will be available to participants who attend the entire day workshop.**

***About the Speaker***

**Steven N. Gold, Ph.D.** is a professor at the Nova Southeastern University (NSU) Center for Psychological Studies and the founder and director of NSU's Trauma Resolution & Integration Program. He served as president of the International Society for the Study of Dissociation (ISSD) in 2004, and currently is program chair of the American Psychological Association's (APA) newly established Division of Trauma Psychology (56). Dr. Gold has written many articles for professional journals and chapters in edited volumes on abuse, trauma, dissociation, and sexual compulsivity, and made numerous presentations on these topics at national and international professional conferences. He authored the book *Not Trauma Alone: Therapy for Child Abuse Survivors in Family and Social Context*, published by Brunner/Routledge, and co-edited *Trauma Practice in the Wake of September 11, 2001*, published by Haworth Press. Dr. Gold serves as co-editor of the *Journal of Trauma Practice* (soon to be renamed the *Journal of Psychological Trauma*), and in 2004 guest edited a special issue of the APA journal *Psychotherapy* on the treatment of trauma-related disorders. He is a certified Traumatologist with the Traumatology Institute, and is holds consultant level certification in clinical hypnosis with the American Society of Clinical Hypnosis. He is also an APA fellow, a member of the International Society for Traumatic Stress Studies and of on the advisory board of the Leadership Council on Child Abuse & Interpersonal Violence

## **Workshop Summary**

Awareness of trauma and its psychological impact opens our eyes to the prevalence of trauma and its possible relation to many of the difficulties that lead people to seek therapy. However, the very lens that promotes awareness of trauma may obscure other factors essential for maximizing clinical effectiveness. Paradoxically, factors beyond discrete trauma may have an especially prominent influence on those clients with some of the most extensive trauma histories: survivors of prolonged child abuse. Both clinical and research evidence suggests that these clients often grow up in chaotic, emotionally distant, controlling, and otherwise maladaptive families, which makes an appreciable contribution to their long term difficulties beyond that attributable to overt abuse. Contextual therapy was developed to increase the effectiveness of treatment for severely traumatized and dissociative prolonged abuse survivors by addressing the impact of their ineffective family backgrounds as well as that of their abuse trauma. Central to this approach is the premise that trauma processing can restore functioning disrupted by abuse but cannot instill capacities that - due to having been reared in an inadequate family background - were never developed in the first place. The goals of this form of treatment are broad. Intervention is directed at resolving the extensive difficulties experienced by these clients, such as disabling anxiety and depression, terrifying nightmares and flashbacks, dramatic dissociative symptoms, and addictive and compulsive patterns of behavior such as substance abuse, self-mutilation, bingeing and purging, and compulsive sexual activity. Ultimately, however, contextual therapy aims to help survivors establish the components of a gratifying existence - such as productive work, mutually supportive relationships, and the vivid experience of emotional intimacy and connection to the immediate present - often for the first time in their lives.

## **Workshop Objectives**

1. Learn how the contextual model accounts for the difficulties of adult survivors of prolonged child abuse.
2. Learn about each of the three major components of contextual therapy for prolonged child abuse survivors and how to implement them.
3. Learn specific techniques to help adult survivors achieve a life characterized by lower levels of chronic distress, less maladaptive dissociative responding, productive trauma processing, and more effective daily functioning.

## **Workshop Outline**

8:30	<i>Registration &amp; Coffee/Tea/Munchies</i>
9:00	<b>The Contextual Model: Prolonged Child Abuse in Family &amp; Social Context Collaborative Relating: Developing &amp; Navigating the Therapeutic Relationship</b>
10:30	<i>Break</i>
10:45 – 12:00	<b>Client-Guided Conceptualization: Making Sense of a Chaotic Legacy [Videotaped Illustration]</b>
12:00 – 1:00	<i>Lunch – on your own (Please be seated and ready to go again at 1:00 pm)</i>
1:00 – 2:30	<b>Therapist-Guided Skill Acquisition: Prioritized Treatment Goals Security: Distress Reduction through Accountability, Persistence, Structure &amp; Discipline</b>
2:30	<i>Break</i>
2:45 – 4:30	<b>Presence: Contextual Approach to Understanding &amp; Reducing Dissociative Difficulties Trauma Processing: When, Why and How The Bottom Line: Living Well [Videotaped Illustration]</b>
	<b>Evaluations and End</b>

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## **Fees and Registration Form**

\*\*\* Please print out this form, fill it in and mail in with your payment to: \*\*\*

**AK-PA**

**P.O. Box 241292**

**Anchorage, AK 99524-1292**

Or fax it with credit card information to **(907) 344-8878**

*Space is limited. Please register as soon as possible.*

**Fees: AK-PA Members - \$125.**

**Non AK-PA Members - \$150.**

**Students (No CEs) - \$25 registration/ +\$5 for handout packet**

### **Registration Information:**

Name: \_\_\_\_\_

Mailing Address (including city, state, and zip code): \_\_\_\_\_

\_\_\_\_\_

Contact Phone & e-mail: \_\_\_\_\_

AK-PA Member? Y  N

Fee: \_\_\_\_\_ Payment: \_\_\_\_\_

Check (made out to AK-PA)     Visa     Mastercard

Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Cancellation Policy** - Cancellation requests, IN WRITING, must be postmarked seven (7) days prior to the start of this event in order to receive a refund. All cancellations are subject to a \$25. processing fee. Authorized refunds will be mailed following the completion of the seminar. AK-PA regrets that no refunds can be issued for ANY reason after the deadline.