

# Where the Healing Begins: Trauma-Focused Cognitive Behavior Therapy with Children and Adolescents

## Program Description

This informative and interactive workshop will provide participants with the necessary interventions to promote healing for children and adolescents experiencing the effects of traumatic life event. Rated a “Model Program and Best Practice,” Trauma-Focused Cognitive-Behavioral therapy has proven to be effective in such issues as short-term distress, depression, anxiety, and externalizing behaviors. Through case examples, increase an awareness of the effects of trauma on children and adolescents, and learn interventions to assist children and adolescents to assist in promoting healing.

## Learning Objectives:

Upon completion of this workshop, participants should be able to:

1. Explain the effects of trauma on children and adolescents.
2. List the various reactions displayed by children and adolescents who have experienced a traumatic event.
3. Learn interventions to assist children and adolescents to promote healing.
4. Assist caregivers in helping to reestablish security and stability for children who have experienced a traumatic event.

## Target Audience

This workshop will benefit mental health practitioners, educators, human service professionals, community advocates interested in this topic.

## Contact Hours

2.0 to 4.0 contact hours

## Program Agenda

- Welcome, Introduction, Ice Breaker
- Objective
  - ❖ Mental Health
  - ❖ Mental Illness
  - ❖ Trauma
- Symptoms displayed by children and adolescents who have experienced a traumatic event
- What Is Trauma-Focused Cognitive Behavior Therapy?
  - ❖ Components
  - ❖ Increase awareness of the effects of trauma on children and adolescents (Case Samples)
  - ❖ Learn interventions to assist children and adolescents in promoting healing
  - ❖ Assist caregivers in helping to re-establish security and stability for children who have experienced a traumatic event.
- Q & A
- Adjourn

## Faculty

**Audrina Jones Bunton, MA, LCMHCS**, is a gifted, compassionate, empathetic Licensed Mental Health Counselor and Christian Counselor. She has been effectively counseling since her youth and is currently the CEO of a private practice, *Audrina Jones Bunton, PLLC*. Counseling is “heart-work” for Audrina, and formal education and training has provided her with over 27 years of combined experience in Christian, mental health, youth, and crisis counseling. In addition, Audrina serves as the Youth Director and Christian Counselor at the Come As You Are Evangelistic Center in Aberdeen, NC, where her mother, Lydia Jones is the pastor. Audrina is also a Certified Strategic Intervention

Life Coach, and a five-time best Speaker with Toastmasters International with over 28 years combined experience as a speaker and Retreat Facilitator. She has served individuals from diverse areas, including in the home, school, community, and private practice setting, and has worked with a diversity of individuals experiencing a wide range of issues, including depression, anxiety, and traumatic life events. Professional affiliations include UNC-Chapel Hill, the American Association of Christian Counselors; International Association of Biblical Counselors Certification; National Christian Counselors Association, and Toastmasters International.