

Coping with Stress: CBT Program for Teens with Trauma



Instructor Information:

Kehau Kuala-Gilbert is a Licensed Clinical Social Worker in California and Hawaii. She is the Behavioral Health Services Supervisor with Substance Abuse Prevention and Treatment Program since 2018 at Riverside University Health System-Behavior Health.

Dr. Carina Bedolla earned a Doctorate of Social Work at California Baptist University in August 2022. She is a Clinical Therapist II and has several years of experience at Riverside University Health System-Behavior Health.

Instructors:

Kehau Kuala-Gilbert, LCSW & Dr. Carina Bedolla

Course Description:

Participants will learn how to engage teen and retain in treatment. Participants will learn ways to teach youth to examine upsetting thoughts and beliefs and will guide the process by utilizing effective problem solving skills. Participants will get a better understanding of CBT skills in addressing the treatment of PTSD and trauma related symptoms. Participants will also have the opportunity to practice skills learned by presenting the various modules of the CBT program for Teens with Trauma.

Date: November 14, 2023 & November 15, 2023

Time: 8:30am-3:30pm

*****Must attend both dates for credit*****

Location: 2085 Rustin Ave. Riverside Ca 92507

RUHS-BH Staff - Please register for this course via COR at <https://corlearning.sumtotal.host>

All other interested partners, please visit www.rcdmh.org/wet

Free to all registered participants

Continuing Education Credits: This course meets the qualifications for **10** continuing education units/credits/hours.

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center (951) 955-7270 at least fourteen days (14) prior to the course date.

Coping with Stress:CBT Program for Teens with Trauma

Day 1: November 14, 2023

8:30am-3:30pm

&

Day 2: November 15, 2023

8:30am-3:30pm

****Must attend both dates for credit****

Course Description: Participants will learn how to engage teen and retain in treatment. Participants will learn ways to teach youth to examine upsetting thoughts and beliefs and will guide the process by utilizing effective problem solving skills. Participants will get a better understanding of CBT skills in addressing the treatment of PTSD and trauma related symptoms. Participants will also have the opportunity to practice skills learned by presenting the various modules of the CBT program for Teens with Trauma.

Instructor (s) Information: Kehau Kuala-Gilbert is a Licensed Clinical Social Worker in California and Hawaii, currently employed as a Behavioral Health Services Supervisor with Riverside University Health System-Behavioral Health (RUHS-BH), Substance Abuse Prevention and Treatment Program since 2018. Kehau has also served as a Clinical Therapist II with RUHS in January 2017, offering therapeutic support to individuals and families struggling with addiction and behavioral health challenges. Kehau is a facilitator and trainer for various evidenced-based practices like Coping with Stress: CBT for Teens, ASAM Multidimensional trainings, and has been certified as a trainer for the Trauma Informed System (TIS) Initiative through the Trauma Transformed Center since 2019. Lastly she was trained in the CBT Program for Teens with Trauma model by Hazelden Betty Ford Foundation in 2018.

Dr. Carina Bedolla earned a Doctorate of Social Work Program at California Baptist University in August 2022. Having obtained her education at California Baptist University, Carina holds a bachelor's degree in Psychology and a master's degree in Counseling Psychology. As a Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor, Carina has over five years of clinical experience in the public sector. While she has had the honor and privilege to support individuals in overcoming these challenges, the experiences have served as catalysts for her area of research. In her doctoral studies, her area of focus was mental health stigma in emerging clinicians. Lastly she was trained in the CBT for PTSD model by Hazelden Betty Ford Foundation in 2018.

Audience: LMFT's, LCSW's, LPCC's, and LEP's; associate and support staff.
Level of training: Introductory - new topic for audience

Seat #: 30

Location: 2085 Rustin Ave Riverside Ca 92507

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

Educational Goals:

1. Participants will be able to describe the prevalence of trauma and PTSD
2. Participants will be able to understand the development of CBT and the practical implementation.
3. Learn and practice a wide range of cognitive and behavioral strategies, including psychoeducation, cognitive restructuring, exposure, response prevention, behavior modification, problem solving, and others

Learning Objectives:

1. Describe the prevalence of trauma and PTSD
2. Identify at least two (2) types of trauma
3. Identify at least two (2) theories and principles of cognitive behavioral therapy
4. Identify at least three (3) common reactions and symptoms in response to trauma
5. Apply the theories and principles of cognitive behavioral therapy to adolescents with a history of trauma
6. Describe the five (5) Steps of Cognitive Restructuring
7. State at least three (3) treatment principles in addressing trauma informed care
8. Demonstrate facilitation of skills in presentations
9. Develop a next step action plan supporting the implementation of Coping with Stress: A CBT Program for Teens with Trauma

Course outline:*Day 1*

Time:	Topic/Content
9:00am – 9:30am	Opening-relaxation techniques
9:30am-10:30am	<i>Trauma Informed Care:</i> <ul style="list-style-type: none"> • What is Trauma • Types of Trauma: natural traumatic, group trauma, mass traumas, etc • Reactions to Trauma • Behavioral Health-Data
10:30am – 10:45am	BREAK (NON-CE)
10:45am – 11:45am	<i>Trauma and Adolescents:</i> <ul style="list-style-type: none"> • Exposure Rates and Co-Occurring Conditions-ACE study • Common Reactions and Symptoms of Trauma • Common Styles of Thinking • Trauma Informed Care
11:45am-12:45pm	LUNCH (NON-CE)
12:45pm – 1:30pm	Cognitive Behavioral Therapy: <ul style="list-style-type: none"> • Theories and Principles • The Five Steps of Cognitive Restructuring
1:45pm – 2:00pm	Data and supporting evidence of CBT for Teens with Trauma
2:00pm-2:15pm	BREAK (NON-CE)
2:15pm-3:00pm	Program Implementation: <ul style="list-style-type: none"> • Program Format

	<ul style="list-style-type: none"> • Screening • Parental Involvement • Troubleshooting
3:00pm-3:30pm	Application of skills using Tara and Steven Vignette

Day 2

9:00am-9:20am	Recap of Day 1
9:20am-9:40am	Teach Back for Module 1: Introduction
9:40am-10:00am	Teach Back for Module 2: Safety Plan
10:00am-10:15am	BREAK (NON-CE)
10:15am-10:35am	Teach Back for Module 3: Relaxation Breathing
10:35am-10:55am	Teach Back for Module 4: Common Reactions to Trauma
10:55am-11:15am	Teach Back for Module 5: Symptoms associated with Trauma
11:15am-11:35pm	Teach Back for Module 6: Common Styles of Thinking
11:35pm-11:55pm	Teach Back for Module 7: The 5 Steps of Cognitive Restructuring
11:55am-12:55pm	LUNCH (NON-CE)
12:55pm-1:15pm	Teach Back for Module 8: Cont. Cognitive Restructuring
1:15pm – 1:35pm	Teach Back for Module 9: Completing the program
1:35pm-2:00pm	Program Appropriateness
2:00pm-2:15pm	BREAK (NON-CE)
2:15pm-3:15pm	Program Implementation
3:15pm-3:30pm	Closing-course evaluations, certificate, and posttest

This course meets the qualifications for 10 continuing education units/credits/hours.

Continuing Education: Course meets the qualifications for **10** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for **(10)** Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-1223 & 3-22-341-0424 for **(10)** CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Sujei Larkin via email at glarkin@ruhealth.org . Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance

learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<https://corlearning.sumtotal.host>) The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit www.rcdmh.org/wet.

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact Workforce Education and Training at 951-955-7270 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).