

# SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

## SAVE THE DATE

**Friday, February 11, 2011**

**9:00 a.m. – 4:00 p.m.**

***Trauma and Interventions: Band Aid or First Aid***

**Speaker:**

George Smith, MA, LCPC, CSADC

**Location: Morris University Center, Southern Illinois University Edwardsville**

As mental health professionals, counselors, and health care providers, we are all aware of the devastating effect of trauma. In past decades, there has been more and more research focused on identifying the etiology of trauma and assessing the efficacy of trauma interventions and treatments. In spite of the growing body of information, there is still uncertainty among a large percentage of professionals about what is actually the standard of care. Although there are literally hundreds of “crisis teams” throughout the country, the number of professionals who are adequately trained and experienced and have a solid grasp of how crisis intervention and trauma treatment works is still relatively small. We know that treating Post-traumatic Stress through traditional therapy can actually exacerbate symptoms and even re-traumatize the individual. Yet many professionals find themselves having to work with trauma victims with little understanding of specific trauma dynamics.

For health care professionals to provide quality care in this environment, they must have an understanding of:

- the impact of trauma,
- the unique responses of victims both short-term and long-term,
- what are interventions supposed to accomplish,
- what are the treatments that have been found to be healing and constructive.

Along with an understanding of the individual’s experience of trauma, health care professionals also need to know where they fit in when crisis occurs. When a major incident occurs in a community, how can the health care professional help? Who do they call? When is their help most needed? Should they come on site? Many health care professionals want to help in any way they can and believe that their training and experience can be valuable when assisting with a crisis and/or traumatic situation. They just don’t know how to connect. Unfortunately, there can also be far too many “turf battles” among organizations. These conflicts among organizations create barriers that can interfere with maximizing the use of all the skills and support that could be used in the community.

This full day workshop conducted by George Smith will examine and elaborate on the processes of crisis intervention. Participants will learn the short and long term effects of PTSD and how to conduct a critical incident stress debriefing. Treatment approaches specific to trauma will be discussed. We will explore the efficacy of approaches such as EMDR, relaxation techniques, The Reprogramming Process, Imagery Rescripting and Reprocessing Therapy. We want to understand how these approaches uniquely unwind trauma from mind and emotion. We will also outline and identify how professionals can connect as part of a network of responders at the time of an incident and for the months and even years that follow.

**If you have questions regarding program content, please contact  
Kellene M. Hamilton, Department of Social Work, 618/650-2620 or email [kehamil@siue.edu](mailto:kehamil@siue.edu)**

**Advance registration is preferred.** The registration fee is \$79; for students and agencies registering 4 or more the fee is \$49. This fee includes light refreshments, lunch and free parking. On-line registration is now available

at <https://acweb.siu.edu/WConnect/ace>. Credit card registrations are accepted on-line only. Telephone registrations are accepted: call 618/650-3210.

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Registration Form  
*Trauma and Interventions: Band Aid or First Aid*  
(C112SWK01)  
Friday, February 11, 2011

Please check appropriate registration fee rate:

Registration Fee \$79 \_\_\_\_\_ Student Fee \$49 \_\_\_\_\_  
Agency Fee (4 or more - from same agency) \$49 \_\_\_\_\_  
Planning Committee \_\_\_\_\_

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**Payment Information:** Please make checks payable to SIUE; purchase orders are accepted. Telephone registrations are accepted: call 618/650-3210.

Credit card payments can no longer be accepted with mail or telephone registrations. If you wish to pay by credit card please go to the on-site registration at <https://acweb.siu.edu/WConnect/ace>.

To register by mail please complete and return this form with payment to:

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