

Allison Sampson, Ph.D., LCSW, CSOTP

Allison Sampson, Ph.D., LCSW, CSOTP has a Ph.D. in Social Work from Virginia Commonwealth University and is a Licensed Clinical Social Worker and a Certified Sex Offender Practitioner in the State of Virginia and a Licensed Independent Clinical Social Worker in the District of Columbia. Her clinical practice and research focuses on advancing effective trauma informed treatment practices for significant conduct related disorders. Her areas of specialty include attachment based models of treatment; sexual abusiveness in children and adolescents; neuropsychology; and the use of neuroscience, specifically, use of neurofeedback and biofeedback in treatment involving attachment disorder. Her dissertation evaluated the impact of a self-developed trauma-informed course on the knowledge, attitudes, and assessment and treatment planning behaviors of direct practitioners.

Dr. Sampson also holds her Bachelor's and Master's in Social Work and has worked in the field for 16 years. She has provided services to at-risk youth and their families in the Department of Social Services, Community Service Boards and Detention and Correctional facilities. In addition, she has provided crisis therapy services in residential facilities for youth and adults with varying mental health diagnoses as well as outpatient therapeutic services for military service men and women and their families.

Dr. Sampson works for Providence Service Corporation as the Director of Evidence Based Practice Replication, having provided services for at risk youth and families in community based settings, clinical supervision to in-home direct care practitioners and evaluative outcome research for the Virtual Residential Program. Currently, Dr. Sampson's work with Providence focuses on continuing education and action learning models that enhance collaborative treatment planning skills for clinicians. Through the Corporate University of Providence, she is leading the development of a Trauma-Informed Model and Certification Process that can be utilized in effective treatment with children, families and adults (AIM Forward Model of Care).

Learning objectives

At the conclusion of this workshop, participants will be able to:

- Verbalize impact of past trauma's intrusion on present thoughts, feelings and behaviors
- Explain trauma's impact on present behavior to adult client using trauma informed model via workshop practice sessions
- Verbalize relevance of anxiety and avoidance in relationships to adult clients who have experienced trauma
- Verbalize how trauma impacts brain's ability to problem solve and use cognitive skills in treatment sessions
- Select and utilize adult trauma and attachment patterns assessment tools
- Verbalize 3 phases of trauma informed treatment with adults as defined by the current literature
- Develop a treatment plan guided by trauma informed phases of treatment
- Organize treatment plans focusing in on adult trauma symptoms as well as anxiety and avoidance patterns in relationships
- Explain trauma's impact on the brain directly to adult clients and raise adult client's awareness of "fight/flight/or freeze behaviors" impact on present challenges in living
- Verbalize and utilize self and co-regulation techniques that can be used in Phase One of Treatment
- Verbalize trauma resolution methods available to be used in Phase Two of Treatment
- Verbalize key areas of concern that frequently occur during Phase Three of Treatment and how clinicians can respond

VIRGINIA SOCIETY FOR CLINICAL SOCIAL WORK

Symposium

November 2, 2012

9:00 AM – 4:30PM

**CJW—Chippenham Medical
Center**

**7101 Jahnke Road
Richmond, VA 23225**

Trauma past, trauma present: Use of attachment theory & trauma informed practice to enhance self-regulation and relationship skills



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Registration Application

Registration Deadline: October 20

Please print this form and mail your Registration with payment to:

VSCSW
10106-C Palace Way
Henrico, VA 23238
OR register and pay on-line at
VSCSW website www.vscsw.org

Name _____

Address _____

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Cost for the Symposium includes lunch.

Please check one of the following:

Member \$85 _____

Non-Member \$125 _____

Student \$30 _____

Check Number _____

Amount Paid \$ _____

Circle One:

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Trauma past, trauma present: *Use of attachment theory & trauma informed practice to enhance self-regulation and relationship skills*

Recent studies suggest that adverse childhood events are a major risk factor for many illnesses, early death and significant impact lowering the overall quality of life in adults. This evidence and current literature indicate that traumas in childhood are a leading public health issue and an area of focus for medical and mental health professionals alike given that adults with trauma histories have a greater risk of physical health issues as well as mental health challenges. Chronic childhood trauma directly impacts an adult's personality structure, the ability to have healthy interpersonal relationships, and increases the likelihood of depression and anxiety. From a neuro-scientific perspective, personality is based in our memory networks. If adverse childhood experiences and chronic childhood trauma occurred in an adult's past, then these memory networks intrude upon the adult's response mechanisms to present life experiences. Therefore, a key issue in trauma informed practice is supporting individuals in separating past experiences from present experiences so that their intrapersonal and interpersonal functioning can be

enhanced. For many clinicians, finding an effective model for supporting adults with significant personality traits that preclude healthy relationships, self-care, and day to day living, is a challenge. Yet, current trauma-informed practices may offer a solution to this challenge.

Assessment tools will be used with simulated clients (via role play) to begin a systematic phased intervention designed to address self-regulation and coping skills, trauma resolution and finally reorganization of client's memory networks so that they are able to separate past experiences in relationships from current experiences in relationships. The workshop will be interactive and apply treatment planning and intervention skills to direct practice that participants engage in during the seminar.

Lodging is available nearby at Econo Lodge or Days Inn.

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6.5 Hours Credit!