



Kenneth Young Center
Continuing Education Series Presents
Current Approaches in Trauma Treatment

**Dr. Bradley Stolbach, La Rabida Children's Hospital,
Chicago Child Trauma Center**

and

**Dr. Patrick McGrath, Alexian Brothers Behavioral Health Hospital
Anxiety and OCD Program and Veteran's Center Planning**

When: Friday May 14, 2010 9:00 a.m. - 4:00 p.m.

Where: Kenneth Young Center, 1001 Rohlwing Rd, Elk Grove, IL 60007

Cost: \$35 payable on day of training - covers costs of presenters and 6 CEU's

What: *Morning Session 9-12*

Dr. Bradley Stolbach will focus on the special issues of assessment, diagnosis, and treatment of children diagnosed with PTSD. He will focus on the developmental factors that impact treatment and the critical role that families/caregivers play in children's recovery from trauma.

- a) identifying best practices in treating traumatized children
- b) guidelines for working with clients on their trauma narratives/processing the trauma
- c) behavioral interventions that are most effective in addressing the symptoms of PTSD
- d) cognitive interventions targeting thoughts associated with guilt/shame etc.

Lunch - On Your own 12-1

Afternoon Session: 1:00p – 4:00p

Dr. Patrick McGrath will briefly review the history of PTSD and factors related to how we got to the diagnosis we have today. There will be foci on assessment, intervention and treatment. This will not just be a lecture, but a presentation that will give useful tools to participants to assist them in dealing with any PTSD patients that they might have in their practice. A specific focus will be on the treatment of returning veterans and the surrounding issues of suicide and substance abuse that are often prevalent in this population. Dr. McGrath presentation will cover:

- a) *The basics of Anxiety Disorders and diagnostic criteria for PTSD*
- b) *Who gets PTSD and why*
- c) *Military focused trauma and development of PTSD from Vietnam to Iraq/ Afghanistan*
- d) *Effective Treatment for PTSD including Virtual Reality therapy*

To register: contact Susan Reynolds at (847) 524-8800 x115 or at susanr@kennethyoung.org

About the Presenters: below

Dr. McGrath: After receiving his Ph.D. from Northern Illinois University, Dr. McGrath did a two-year postdoctoral fellowship at the St. Louis Behavioral Medicine Institute, an affiliate of the Department of Community and Family Medicine at the St. Louis University Medical School. His main area of focus was anxiety disorders, working in the Anxiety Disorders Center under the direction of C. Alec Pollard, Ph.D. Dr. McGrath is currently the Director of the Anxiety and OCD Program and the Co-Director of the School Anxiety and School Refusal Program at Alexian Brothers Behavioral Health Hospital in Hoffman Estates. He is also helping the Alexian Brothers Veterans Center to develop their Post Traumatic Stress Disorder treatment program using a virtual reality simulator to assist returning veterans in dealing with their PTSD. Dr. McGrath is a member of the scientific advisory board of the Obsessive Compulsive Foundation. He is also the author of a stress management workbook called "Don't Try Harder, Try Different" as well as "The OCD Answer Book". Dr. McGrath has also been featured in many newspapers, journals, and magazines, and has been on numerous radio and television stations across the country. He also does numerous speaking engagements across the country, has an active research program, and presents at national conferences focusing on anxiety disorder.

Bradley C. Stolbach: Dr. Stolbach received his Ph.D. in Clinical Psychology from the University of Colorado. He has been at La Rabida Children's Hospital for over 10 years. Dr. Stolbach is an Assistant Professor of Clinical Pediatrics, The University of Chicago Pritzker School of Medicine, Supervisor of Trauma-Related Psychological Services at La Rabida Children's Hospital and Project Director of La Rabida's Chicago Child Trauma Center. Dr. Stolbach has long been interested in the assessment and treatment of dissociative psychopathology in children. His doctoral dissertation involved the development and validation of the Children's Dissociative Experiences Scale and Posttraumatic Symptom Inventory, which remains the only self-report measure of dissociative symptoms for children. Dr. Stolbach's direct clinical responsibilities at La Rabida include investigative interviewing and the provision of abuse- and trauma-focused assessment and psychotherapy. He is President Elect of the Board of Directors of the Children's Advocacy Centers of Illinois, was a participant in the International Society for the Study of Dissociation's DSM-V Dissociative Disorders Research Planning Conference, and is a member of the Illinois Childhood Trauma Coalition. In October 2005, he was awarded a 4-year grant by the Substance Abuse and Mental Health Services Administration to establish La Rabida's Chicago Child Trauma Center as a member center of the National Child Traumatic Stress Network.

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