

APPLICATION FOR CoCAN MEMBERSHIP

Name: _____

Address: _____

City, State and Zip Code: _____

Organization: _____

Organization Address: _____

Organization City, State, Zip: _____

Organization phone (including area code): _____

(_____) _____

E-Mail Address: _____

Membership Levels

- Student—\$10
- Individual—\$20
- Organization—\$100

For organizational membership, please list all members:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

I am interested in the following committee(s).

- Education Committee Membership Committee
- Legislative Committee Special Projects

Please return with payment (cash or check only) to:

CoCAN

7514 Big Bend Blvd.

St. Louis, MO 63119

Direct questions to: (314) 644-5055

Referred by: _____

Date Received: _____ Amount: \$ _____

Check #: _____ Approved: _____



**Treatment
Options for
Complex
Trauma**



Friday, October 7, 2011

**The Heights
8001 Dale Avenue
Richmond Heights, MO 63117**

Directions available at www.stlcocan.org



Since 1975, the St. Louis Area Council on Child Abuse and Neglect (CoCAN) has been supporting advocacy and education to improve the lives of children. The mission of CoCAN is to promote advocacy, education and legislative action in order to improve the lives of children at risk of abuse and neglect.

CoCAN's purpose is to:

- *Provide networking opportunities for all professionals and community organizations working with children and families.*
- *Promote awareness of public, private and community organizations as well as resources in the areas of child abuse and neglect.*
- *Foster coordinated legislative and administrative advocacy on behalf of children.*



Treatment Options for Complex Trauma

Exposure to complex trauma often results in a wide array of significant emotional and behavioral difficulties that are often resistant to standard mental health services. With a vital need for treatment models that can specifically target the symptoms presented by these youth, presently there is no “gold standard” treatment model for complex trauma. However, there are multiple treatment models that have demonstrated some success in working with these youth. This workshop will focus on four of these treatment models: Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), Dialectical-Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), and Integrated Treatment for Complex Trauma (ITCT). Proponents of each model will provide a brief overview of the model and a description of how the model can be used to treat youth exposed to complex trauma.



Schedule of Events

- 8:30 to 9 a.m.** **Walk-In Registration and Networking**
- 9 a.m. to Noon** **Workshop**

Register online at www.stlcoacan.org. There is a \$10-admission fee for non-members, which can be paid at the door. (Cash or check only.) Refreshments will be served, and you also will receive an Attendance Certificate.

Joan Benz, PhD is a family therapist, supervisor and family treatment coordinator at Family Resource Center where she works with victims of violence, abuse and trauma. She teaches graduate social work students at Washington University. Joan obtained a Bachelor of Science degree in Social Work and Psychology and Sociology from Augustana College in Sioux Falls, SD. She has an MSW from Washington University and a PhD in Marriage and Family Therapy from St. Louis University. Her dissertation focused on the life experiences of adults who witnessed domestic violence as children.

Shirley Crenshaw, LCSW is a private practitioner specializing in the treatment of children with early trauma/attachment disturbances, pre-/post- adoption therapy, physical and sexual abuse, anxiety, stress and grief. She is well-versed in using a cadre of therapeutic interventions including: E.M.D.R. (Level II); Narrative; Attachment Therapy; and Psycho-educational modalities. Shirley spent 28 years working with Missouri Division of Family Services and the Illinois Department of Children and Family Services in multiple roles, where she provided crisis intervention counseling, investigated child abuse and neglect reports and developed service plans and goals for families. Shirley holds a B.A. in Psychology and MSW from Washington University and is a Licensed Clinical Social Worker in Missouri.

Casey Limmer, MSW, LCSW is a therapist at Safe Connections and an Adjunct Professor at Washington University, where she has been teaching Applied Behavior Therapy, Cognitive Behavior Therapy and Dialectical Behavior Therapy (DBT). She has developed several DBT programs over the last 10 years and has extensive experience working with traumatized young children, women and teens. As Director of Camp Dragonfly, a weekend camp for children who have lost a loved one, she created a program to improve communication, distress tolerance and emotion regulation skills of children who have experienced complex grief and trauma. She also has written and developed therapy programs for children who have witnessed a homicide and for returning veterans, both based on DBT skills and available empirical evidence.

Megan Schacht, PhD is the Clinical Manager and Assistant Clinical Professor with the Children's Advocacy Services of Greater St. Louis at the University of Missouri–St. Louis. She received her bachelor's degree in Psychology from Illinois College in Jacksonville, IL, and her doctoral degree with an emphasis in child clinical psychology at the University of Missouri–St. Louis. She completed a pre-doctoral internship at the Aurora Mental Health Center in Aurora, CO, where she provided psychological services with the Adolescent Intensive Outpatient team and a post-doctoral fellowship with CASGSL where she received specialized training in the use of evidence-based practices for traumatized children. She has training in many evidence-based practices used at CASGSL and has special interest in complex trauma, sexual abuse, psychological assessment of children and adolescent with trauma histories, clinical supervision, and the sustainability of evidence-based practices in clinical settings.