Program for Continuing Education in Social Work

You Are Invited

Structuring Therapeutic Process to Be More Trauma-Informed, Ethical, and Effective

1-4 p.m.
Friday, May 11, 2018
Anne and Henry Zarrow School of Social Work
JJ Rhyne Community Room

3 Hours of CEU credits, with 3 Hour of Ethics

Facilitator:
Jeremy Elledge, LCSW

The purpose of this workshop is to provide an ethical and trauma-informed framework for how therapy and treatment can be structured to maximize benefit and effectiveness. It is important to introduce and structure the therapeutic relationship and process in a way that lays a foundation for treatment, a basic understanding of trauma and related symptoms, and emotional intelligence, as well as a format for therapy sessions to help clients and patients keep their processing productive. Presenting treatment concepts and psychological education with confidence, as well as evidence, is essential for helping consumers invest more in the therapeutic process, and this buy-in and belief in the potential and likelihood for positive change has actually been proven to improve treatment outcomes. People get better, at higher rates, when they believe they can, and it is up to us as clinicians to both model and lend this confidence to those who are struggling. We can help them believe more in themselves as well as their own treatment process! And doing this again with evidence helps avoid ethical dilemmas that may result from “certified advice-giving”.

We also will be discussing ethical considerations with confidentiality as well as our own efforts related to ethical treatment of children or adults, voluntary or mandated clients, people who are cooperative and invested, along with those WHO MAY NOT WANT TO BE THERE. Understanding the role of consumers’ individual cultures and backgrounds, and how these can affect interactions and approaches, also will be covered as potential barriers or ways to improve cultural sensitivity.

Participants will re-examine some basic steps in the early phases and introductions to treatment for consumers coming into our care, providing them with important and empowering
foundational knowledge to beginning the healing process, to what evidence shows will improve various life outcomes. We also will cover basics in self-care that are essential to improve mood, health, and performance of roles, for consumers of our services as well as ourselves. Modeling confidence for consumers again will be emphasized, and we will talk more about ways to challenge clients and patients, to challenge themselves to take on the tasks necessary for returning to healthier functioning. The goal of treatment is recovery, positive change... and returning or resuming with role is emphasized as providing important and necessary stimulation to survivors, engaging with experiences that help establish or restore positive identity and improved long-term outcomes.

**Educational Objectives:**

- Brief introduction/review of trauma, definitions, symptoms, cognitive, emotional, and physical impacts
- Important considerations for how we begin and present treatment to consumers
- Use of confidentiality for building trust and developing therapeutic relationship/process
- Importance of understanding and sensitivity for approaches with consumers from diverse cultures and backgrounds
- Importance of presenting treatment and psychological education with CONFIDENCE and EVIDENCE
- Community Meeting Process for healthy ritual and helping structure sessions and practicing emotional intelligence

**Master Presenter**

Jeremy Elledge received his master’s degree from the University of Oklahoma School Social Work in 2005 followed by his LCSW, and is one of a limited number of trauma specialists in Oklahoma, trained by the National Child Traumatic Stress Network. He has worked in a number of inpatient, acute/crisis, and residential treatment settings, working in both direct-care and clinical capacities, administrative program coordination and training, as well as crisis-intervention and disaster relief. Elledge also has worked in out-patient settings providing therapy and case management, participating in multi-disciplinary teams in collaboration with medical professionals coordinating medication and other treatment services.

Elledge is trained and certified as a professor-and-trainer for the Sanctuary and START Models (Systematic Training to Assist with Recovery from Trauma, which are evidence-based, trauma-informed models for organizational culture, structure and change. He served as sanctuary program coordinator for the Oklahoma Youth Center in Norman, now the Children’s Recovery Center. During this three year, federally funded project, he assessed patients for trauma and
trained staff in emotional intelligence and therapeutic interventions, as well as modifications to organizational communication and processes to be more trauma-informed and to better address the needs of patients as well as supporting those providing care at different levels. Many positive measurable outcomes were achieved for patients and treatment as well as professionals delivering services during this project. Training also was provided to local law-enforcement, district attorneys, and child-protective service professionals, among other systems interacting with the facility related to improving support as well as cohesion and continuity across these systems.

Jeremy has worked for the Oklahoma Department of Mental Health and Substance Abuse Services as well as in private and non-profit settings for a period spanning more than 16 years. Jeremy has become a leader in the field and has provided a range of services, including parenting education and support, individual, group, family, and couples’ therapy, in addition to training and consultation for staff at these agencies, is board-certified to provide supervision for master’s level social workers seeking licensure. Jeremy demonstrates a high level of expertise and dedication in providing treatment to a diverse and varying population of consumers with widely ranging backgrounds as well as emotional and behavioral problems, often stemming from trauma, chronic stress, unmet emotional needs, or other developmental issues.

Jeremy is the owner and founder of NewView Healing Solutions and has developed the concept and philosophy of “Injuries: Causing Injured Behavior,” which addresses problems stemming from traumatic impacts in both individual and group therapy.

**3 CEUs available to LCSW/LMSW Professionals $30.00/Students $10.00**

*For accommodations, please contact Diane Freeman at (405) 325-2822.*

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