

A2 POST-TRAUMATIC STRESS DISORDER IN CHILDREN AND TEENS

Children, youth and families experience trauma in their lives that can have immediate and long-term effects on their ability to function at school, in the home, and with peers. Untreated trauma can have long-lasting effects on our mental health, our physical health, and our ability to achieve success in adult life. Workshop participants will have an opportunity to identify how different factors and trauma impact brain and emotional development and will gain increased awareness of the signs and symptoms of PTSD in children and youth. Participants will engage in discussions of effective professional treatment strategies and will learn and practice basic ways of helping youth in their homes to decrease reactivity and increase trust and connection within the family and school setting. **(Also approved for social worker CEUs.)**



Trainer: Warren Phillips, PhD

Dr. Warren Phillips is a Licensed Psychologist and owner of Central Iowa Psychological Services, a group psychological practice with locations in Ames and West Des Moines. Dr. Phillips is also a Senior Lecturer and clinical supervisor in the Department of Psychology at Iowa State University. In his practice, he provides psychological evaluations and psychotherapy to children as young as age 3, adolescents, adults, families, and couples. His areas of specialty include working with children, adolescents, and adults who have numerous neuro-biological disorders including attention-deficit disorder, learning disabilities, bipolar disorder, autism-spectrum disorders, and obsessive-compulsive disorders.