

☑ IN-PERSON ☑ LIVE-ONLINE

**JULY 29-AUGUST 2, 2024****Margaret Blaustein, PsyD*****Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation and Competency*****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily | 15-Hour Course  
Delivery Format: In-Person or Live-Online**

Chronic exposure to traumatic stress in childhood has been recognized as one of the most prominent health risks of our time, with estimates that as many as one in three children in the United States will be exposed to a potentially traumatic experience in their childhood. Although not every mental health provider self-identifies as a “specialist” in treating traumatic stress, it is critical that every provider working with children and families gain expertise in understanding and intervening with this population. Childhood trauma exposure may impact a wide range of developmental, relational, and regulatory capacities and, as a result, may directly or indirectly lead to service referral across settings.

In this workshop, we will delve deeply into a flexible, comprehensive framework for approaching intervention with youth and families impacted by traumatic stress. Designed to translate across service systems, the Attachment, Regulation and Competency (ARC) intervention framework offers a core components approach to addressing key domains affected in trauma-impacted youth. Moving beyond a pathology reduction model, the ARC framework identifies as its primary goal the building and enhancing of developmental capacities that allow the child and their surrounding system to navigate their life.

In addition to didactics, this workshop will incorporate small-group discussion and case application, experiential activities, and exploration of provided case material and video clips.

**Margaret Blaustein, PsyD**, is a practicing clinical psychologist whose career has focused on the understanding and treatment of complex childhood trauma and its sequelae. With an emphasis on the importance of understanding the child-, the family-, and the provider-in-context, her study has focused on identification and translation of key principles of intervention across treatment settings, building from the foundational theories of childhood development, attachment, and traumatic stress. With Kristine Kinniburgh, Dr. Blaustein is co-developer of the *Attachment, Regulation, and Competency (ARC) Treatment Framework* (Kinniburgh & Blaustein, 2005), and co-author of the text, *Treating Complex Trauma in Children and Adolescents: Fostering Resilience through Attachment, Self-Regulation, and Competence*, 2nd edition (Blaustein & Kinniburgh, 2018). She has provided extensive training and consultation to providers within the US and abroad. Dr. Blaustein is currently Director of the Center for Trauma Training in Needham, MA. She is actively involved in local, regional, and national collaborative groups dedicated to the empathic, respectful, and effective provision of services to this population.

**Speaker Disclosures:**

**Financial:** Margaret Blaustein receives royalties from Guilford Press. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-financial:** Margaret Blaustein has no relevant non-financial relationships with ineligible organizations.

**Course Agenda****Monday:****Introduction and foundation**

- Identifying and defining complex childhood trauma
- Defining trauma experience integration: a fluid, dynamic state-based model of intervention
- Building and sustaining engagement with trauma-impacted youth and caregivers
- The critical role of reflective curiosity and education in empathic trauma treatment
- Purposeful attention to routines and rhythms

**Tuesday:****Supporting attachment relationships and the caregiving system**

- The parallel nature of attachment work: role of the provider’s curiosity and self-reflection
- Caring for caregivers: building self-attunement, support systems, and self-care
- Caregiver-child attunement: reading and responding to child “messages”; supporting child modulation; building joyful interaction
- Purposeful application of caregiver affect management and attunement to building effective responses to youth behaviors

**Margaret Blaustein, PsyD | Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation and Competency | July 29-August 2, 2024****Wednesday:****Supporting youth regulation**

- Engaging and developing child and adolescent curiosity and awareness of internal experience
- Modulation: helping children safely, comfortably, and effectively manage and tolerate arousal, emotions, and relationships
- Development of purposeful structures for supporting youth regulation across settings
- Active exploration: strategies and activities for a range of developmental stages, settings, and child/provider preferences

**Thursday:****Building developmental competency**

- Exploring, supporting, and sustaining youth connections to others
- Facilitating agency: building executive functions through problem-solving
- Who am I? Working with youth to explore and expand understanding of self and identity
- Working with youth to develop narratives of self

**Friday:****Trauma experience integration revisited**

- What does it really mean to “integrate trauma”? A state-based, fluid approach to supporting present engagement.
- Engaging clinician attunement to state: interventions relevant to surviving, reflecting, and engaging in present action
- Understanding the dynamic nature of intervention with complicated populations

**Course Objectives**

Upon completion of this course participants will be able to:

1. Define complex trauma and identify at least three consequences of early complex trauma exposure
2. Identify and briefly describe the three domains of the ARC framework
3. Identify and briefly describe the eight core targets of the ARC framework
4. Identify and briefly describe the role of routines and psychoeducation in trauma-informed practice
5. Identify key members of the caregiving system within the participant’s own system and/or with their client population
6. Identify at least one way that the core attachment targets apply to the participant and/or providers within the participant’s system
7. Identify one way to support safe caregiving systems for trauma-impacted youth
8. Compare and contrast at least two patterns of youth dysregulation, including the function of the adaptation
9. Identify at least two key targets of intervention for supporting youth regulation
10. Identify at least two activities that can be used to support regulation
11. Identify and describe at least one aspect of self and identity that may be impacted in trauma-exposed youth
12. Describe one “entry point” for supporting decision-making in youth
13. Identify at least one strategy or activity that can be used to target executive functioning
14. Identify and describe at least two aspects of self-development relevant to trauma-impacted youth
15. Describe at least one state relevant to trauma experience integration, as defined by the ARC framework

**Continuing Education**

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. Courses must be completed in one delivery format.*

**Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency**, Course # 5619, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 4/29/2024-4/29/2026. Social workers completing this course receive 15 clinical continuing education credits.

Please see the CE section on the **individual course page** for a full listing of CE course approvals.

**For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>**

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**In-Person Course Format:** Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30-minute break.

**In-Person Location:**

**Nauset Regional Middle School**, 70 MA-28, Orleans, MA 02653

### Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

### Tuition:

**In-Person Course:**

**Early Tuition Rate: \$700 (through 04/01/2024)**

**Full Tuition: \$750**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

**Live-Online Course:**

**Early Tuition Rate: \$575 (through 04/01/2024)**

**Full Tuition: \$625**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Refund Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

**Within two weeks:** If you give notice between fourteen and one day(s) before your course start date a credit for a 2024 Cape Cod Institute program is available. Credit may be applied to any 2024 or 2025 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

**Once your course begins:** No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at [info@cape.org](mailto:info@cape.org) or by calling + 1 (203) 781-6492.

Please visit <https://www.cape.org/policies> for more information.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or [info@cape.org](mailto:info@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

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Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.



## JULY 1-AUGUST 23, 2024

### JULY 1-5, 2024

**Janina Fisher, PhD**

*Transforming Trauma-Related Resistance and Stuckness*

*In-Person & Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach*

*In-Person & Live-Online*

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety and Below the Surface Leadership in Organizations, Clients, and Yourself*

*In-Person & Live-Online*

### JULY 8-12, 2024

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories*

*In-Person & Live-Online*

**Barry Prizant, PhD, CCC-SLP**

*Understanding and Supporting Autistic and Neurodivergent Individuals through the Uniquely Human Lens*

*In-Person & Live-Online*

**Licia Sky, BFA**

*Embodied Awareness: The Art of Presence and Attunement*

*In-Person Only*

**Bessel van der Kolk, MD**

*Frontiers of Trauma Treatment*

*In-Person & Live-Online*

### JULY 15-19, 2024

**Sebastian Barr, PhD**

*Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults*

*In-Person & Live-Online*

**James Hawkins, PhD, LPC**

*Facilitating the Function of Attachment in Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*

*In-Person & Live-Online*

**Stewart Levine, JD**

*Building a Culture of High Performance Sustainable Collaboration: Mindset and Tools*

*In-Person Only*

**Richard Schwartz, PhD & Jeanne Catanzaro, PhD**

*Internal Family Systems Workshop*

*In-Person & Live-Online*

### JULY 22-26, 2024

**Deb Dana, LCSW**

*Polyvagal Theory in Therapy: Practical Applications for Treating Trauma*

*In-Person & Live-Online*

**John Forsyth, PhD & Jamie Forsyth, PhD**

*Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard*

*In-Person & Live-Online*

**Flint Sparks, PhD**

*Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice*

*In-Person Only*

**Cece Sykes, LCSW, ACSW**

*Internal Family Systems and Compassion for Addictive Processes*

*In-Person & Live-Online*

### JULY 29-AUGUST 2, 2024

**Margaret Blaustein, PsyD**

*Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency*

*In-Person & Live-Online*

**Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW**

*"HOT" Topics in AEDP™*

*In-Person & Live-Online*

**Franklin King, MD**

*The Promise of Psychedelics: A Critical Look at the Therapeutic Potential of Psychedelic-Assisted Treatments*

*In-Person & Live-Online*

**Juliet King, PhD, ATR-BC, LPC, LMHC**

*Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being*

*In-Person Only*

### AUGUST 5-9, 2024

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, Carol Kramer, LICSW, & Joanne Audyatis, LMHC**

*IMAGO: Proven Strategies for Helping Couples Move from Conflict to Connecting*

*In-Person & Live-Online*

**Deborah Korn, PsyD**

*EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect*

*In-Person & Live-Online*

### AUGUST 5-9, 2024

**George McCloskey, PhD**

*Intervention for Child and Adolescent Executive Function Difficulties*

*In-Person Only*

**Maria Sirois, PsyD**

*Paradoxes in Resilience: Leveraging Moments of Grief, Illness, Hardship and Sudden Change to Accelerate Growth*

*In-Person & Live-Online*

### AUGUST 12-16, 2024

**Bob Anderson**

*The Journey of Conscious Leadership*

*In-Person Only*

**Edward Hallowell, MD**

*Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span*

*In-Person & Live-Online*

**Donald Meichenbaum, PhD**

*Addressing Issues of Violence and Aggression in Individuals and Communities: Development, Prediction, and Intervention*

*In-Person & Live-Online*

**Ronald D. Siegel, PsyD**

*What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy*

*In-Person & Live-Online*

### AUGUST 19-23, 2024

**Amanda Blake, PhD**

*Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance*

*In-Person Only*

**Mary-Frances O'Connor, PhD**

*The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*

*In-Person & Live-Online*

**Jonah Paquette, PsyD**

*Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection*

*In-Person & Live-Online*

**Eboni Webb, PsyD, HSP**

*Dialectical Behavior Therapy (DBT): Effective Tools for Navigating Trauma and Attachment in Complex Clients Across the Lifespan*

*In-Person & Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted.

For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: [www.cape.org](http://www.cape.org)**