Fall 2012 Workshops
Child Sexual Abuse & Early Childhood Mental Health Treatment Series

Friday, September 28, 2012
The Heart of the Matter: Concepts and Techniques in the Treatment of Survivors of Childhood Sexual Abuse
Constance Pelesh, MS, LPC and Panel
9:00am-4:00pm University Center | Webb Room
CSA Core 3 | 6 CE Credits

Friday, October 19, 2012
Introduction to the Early Childhood Family-Field
Chiara Nuzzo, PhD
9:00am-4:00pm University Center | Room C
ECMH Core 1 | CSA Elective | 6 CE Credits

Friday, November 16, 2012
Lions and Tigers and Bears: The Multi-Systems Complexity of Child Sexual Abuse
Anthony Goldsmith, MA, Mary Hove, MA and Panel
9:00am-4:00pm University Center | Webb Room
CSA Core 4 | 6 CE credits

Friday, November 30, 2012
The Core Knowledge of Early Childhood Mental Health
Elizabeth Bogado Briganti, PsyD
9:00am-4:00pm University Center | Room C
ECMH Core 2 | 6 CE Credits

CSA = Applies to the Child Sexual Abuse Treatment Certificate Program
ECMH = Applies to the Early Childhood Mental Health Certificate Program

Individuals do not need to be enrolled in a certificate program to participate in these workshops.

Note: Mandatory Foundation/Core Knowledge workshops required for one certificate program cannot be applied to another certificate program. Electives can be credited towards the CSA certificate, provided they are designated as applying to each certificate program. (See brochure description for each workshop). Spring workshop offerings for the ECMH program may not be applied as electives towards other certificate programs.

Continuing education credits will be offered to participants completing post-workshop forms. The Institute for Graduate Clinical Psychology, Widener University, is approved by the American Psychological Association to sponsor continuing education for psychologists. Widener University maintains responsibility for this program and its content. The Center for Social Work Education of Widener University is pre-approved by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors to offer continuing education credits for licensed social workers.
The Post-Graduate Center currently offers workshops in a series format towards two certificate programs. Participants can earn a certificate in:

- Child Sexual Abuse Treatment
- Early Childhood Mental Health

The Child Sexual Abuse Treatment Certificate is sponsored by The Post-Graduate Center in collaboration with the Center for Social Work Education at Widener University and Family Support Line. The Early Childhood Mental Health Certificates are sponsored by The Post-Graduate Center of the Institute for Graduate Clinical Psychology at Widener University.

The series format allows for a greater depth of training in a chosen area of study than is typically available in half-day or single-day programs. The interplay between the workshops in the Loss and Traumatic Stress track and Child Sexual Abuse Treatment track allows some* programs to be credited to both certificates.

Our pledge is to continue to create workshops that provide accessible information to busy practitioners. All programs include multiple teaching methods, such as treatment videos, case presentations, role plays, group exercises, in vivo explorations of therapeutic techniques, and/or interactive discussions. In addition, each workshop is accompanied by handouts and suggestions for further reading.

Maximum Flexibility

- Although these workshops are part of a series leading to a certificate, each program is also designed to stand alone, enabling participants to pursue specific topics of interest.

- Most full-day program morning sessions emphasize theoretical and empirical foundations, while afternoon sessions emphasize clinical applications. Participants will be awarded 6 CEs for attendance at a full-day workshop; the entire workshop must be attended to receive credit.

- While the programs are designed for mental health clinicians, educators and other human service professionals are welcome to attend individual workshops on topics that apply to their work.

Continuing Education Credits

CE credits will be offered to participants completing post-workshop forms. The Institute for Graduate Clinical Psychology, Widener University, is approved by the American Psychological Association to sponsor continuing education for psychologists. Widener University maintains responsibility for this program and its content.

The Center for Social Work Education of Widener University is pre-approved by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors to offer continuing education credits for licensed social workers.

* Mandatory/Core Knowledge workshops for one certificate program cannot be applied to another certificate program. Electives can be credited towards the Child Sexual Abuse Treatment certificates, provided they are designated as applying to each certificate program. (See brochure description for each workshop).
Child Sexual Abuse Treatment Certificate Program

The Child Sexual Abuse Treatment Certificate is sponsored by The Post-Graduate Center in collaboration with the Center for Social Work Education at Widener University and Family Support Line.

Program Overview

Treating a child sexual abuse survivor can be daunting and scary. This certificate program will give you the tools to feel comfortable and confident in handling these cases. To receive a Certificate of Completion, a participant must complete 36 CE credits through the Child Sexual Abuse Treatment Certificate Program. This includes four required core knowledge courses and two electives that may be taken within a 12-24 month period. Core knowledge courses are offered once annually and electives are offered throughout the year. Participants may begin at any time in the program cycle. Workshops may be attended independently by those not wishing to receive a certificate.

Prerequisite for the Certificate Program

- Mental health professionals with at least a master's degree

Program Format and Benefits

- 36 CE credits of approved workshops
- Completion in 12 to 24 months
- Includes 4 Core Knowledge Seminars* and 2 electives

Required Core Knowledge Areas:

- Foundations of healthy sexuality (Spring)
- Ecology of child sexual abuse (Spring)
- Concepts and techniques of child sexual abuse psychotherapy (Fall)
- Multi-systems complexity of child sexual abuse (Fall)

The full-day plenary session at the Annual Treating Child Sexual Abuse: Opening Pandora’s Box conference counts as an elective towards this certificate program.

This Certificate Program enables participants to:

- Gain a significant knowledge base for treatment.
- Understand the bi-directional influences of child sexual abuse.
- Develop increased sensitivity and confidence in handling the complex dynamics of child sexual abuse.
- Recognize vicarious trauma and learn self-care strategies.
- Learn to apply perspectives and techniques to clinical work.

*Mandatory/Core Knowledge workshops for one certificate program cannot be applied to another certificate program. Electives can be credited towards the Loss and Traumatic Stress and Child Sexual Abuse Treatment certificates, provided they are designated as applying to each certificate program. (See brochure description for each workshop).

To register for the Child Sexual Abuse Treatment Certificate Program, please complete the Certificate Program registration form located on our website (www.postgraduatecenter.org) or contact Blaine Wilson at clinicalpsychologypgc@mail.widener.edu.
Early Childhood Mental Health Certificate Program

Program Overview

The Early Childhood Mental Health Certificate Program is a 12-24-month continuing education experience for the variety of the professionals already in the early childhood-family field and for those with advanced mental health degrees desiring to expand their services to families with young children. Group learning, mentorship and networking experiences provide theoretical and applied content, immersion in a community of providers, and guidance in applying new learning to current practice. A certificate of completion is awarded to those who participate in all program components. Psychology, nursing, and social work CEU's are provided.

Prerequisites for the Certificate Program

- Mental health professionals with at least a master’s degree and a current license in good standing. Current or intended future practice includes assessment and treatment services to families with infant, toddler and preschool-aged children.
- Mental health support staff with associates or bachelors degrees currently working in home or center-based programs to support parenting and the behavioral development of young children.
- Early intervention and early childhood education professionals (including teachers, speech-language pathologists, and occupational & physical therapists) with at least a bachelor’s degree desiring to increase their capacity to work with families to support the social-emotional wellness of young children.
- Pediatric professionals, including nursing home visitors, who desire to increase their capacity to work with families to support the social-emotional wellness of young children.

Program Format and Benefits

- Completion in 12 to 24 months
- Completion of 5 Core Knowledge Workshops* (30 CE credits total)
- Participation in Group Learning, Mentorship, Networking and Program Gathering components of program
- Early Childhood Mental Health Certificate of Completion

This Certificate Program enables participants to:

- Gain an introduction to the field of early childhood mental health and infant-family practice
- Build one’s knowledge of the practice-relevant content and theory of the field.
- Gain an introduction to early childhood screening and assessment best practices
- Build one’s knowledge of early childhood treatments and services, including parent-child dyadic intervention
- Engage in group reflective practice experiences
- Obtain guidance in applying new learning to current or future practice.
- Immerse themselves in a community of early childhood mental health providers

*Early Childhood Mental Health workshops may be credited towards other certificate programs as electives provided they are designated as applying to each certificate program (See brochure description for each workshop).

To register for the Early Childhood Mental Health Certificate Program, please complete the Certificate Program registration form located on our website (www.postgraduatecenter.org) or contact Blaine Wilson at clinicalpsychologypgc@mail.widener.edu, and provide us with a copy of your current clinical license.
Chiara Nuzzo, PhD
is a licensed psychologist and a mental health consultant for early childhood-family programs in Philadelphia. Dr. Nuzzo is the founding president of the Delaware Valley Group/World Association of Infant Mental Health and is a graduate fellow of ZERO TO THREE. She coordinates The Post-Graduate Center’s certificate program in Early Childhood Mental Health.

Constance C. Pelesh, MS, LPC, NCC
is a licensed professional counselor with over 25 years of therapeutic experience treating sexual abuse and trauma survivors. As a staff member at Family Support Line for the past 19 years, she has provided psychotherapy, co-led support groups for adolescent girls, and served as a consultant in the prevention programs. She has received specialized training in dissociative disorders through the International Society for the Study of Trauma and Dissociation, and is trained in EMDR. She maintains a private practice in Media, PA.

Anthony Goldsmith, MA, BCETS
is a licensed psychologist with over 30 years of experience in the mental health field. In addition to being Clinical Director at Family Support Line, he has an active private psychotherapy practice with children and families. His areas of specialty include recovery from trauma and sexual abuse, evaluation, and treatment. Past professional experiences include clinical and administrative positions in foster care, community mental health, and sexual abuse treatment. He is the former Chief Operating Officer of the Joseph J. Peters Institute in Philadelphia. Mr. Goldsmith is also a member of the Pennsylvania Psychological Association and is a Board Certified Expert in Traumatic Stress.

Mary Hove, MS
is the director of education and training at Family Support Line, where she plans and implements child sexual abuse prevention programs for children, professionals, and parents. She also co-facilitates a group for non-offending parents. Mary has over 25 years of experience in the counseling and training fields. At the Domestic Abuse Project, she provided counseling to victims, prepared legal petitions, trained volunteers, and conducted in-services. As a college counselor, she provided crisis counseling, taught credit and non-credit courses, coordinated the peer counseling program, and implemented workshops for students around personal and career issues.

Elizabeth Bogado Briganti, PsyD
is a licensed psychologist developing a specialty in infant mental health/parent-child interactions. Dr. Briganti is a graduate of the Certificate Program in Infant Mental Health affiliated with Chatham University. She is a board member of the Delaware Valley Group/World Association of Infant Mental Health, founder of the Infant Mental Health Peer Supervision Group of Philadelphia, and co-leader of a parent-toddler group offered by the Psychoanalytic Center of Philadelphia. She has a particular interest in infant-parent psychotherapy and infant developmental assessment, and is building a private practice in Rosemont, PA.
**Fall 2012 Workshops**  
Child Sexual Abuse Treatment & Early Childhood Mental Health Treatment Series

**The Heart of the Matter: Concepts and Techniques of Child Sexual Abuse Psychotherapy**  
*Constance Pelesh, MS, LPC and Panel*

Friday, September 28, 2012 9:00am-4:00pm  
University Center | Webb Room  
CSA Core 3 | 6 CE Credits

**Workshop Description**

The morning will focus on crucial aspects of the therapeutic environment that lead to successful treatment of child sexual abuse, regardless of theoretical approach or technique. Citing recent findings on brain changes after traumatic stress, management of the trauma experience in therapy will be discussed, with a particular emphasis on the role of dissociation. Case vignettes will be presented to illustrate these points. The afternoon panel of clinicians with specialized training in different techniques will compare these techniques to further elucidate how to bring about healing and health in the recovery process.

This is the Core Knowledge Part 3 for the Child Sexual Abuse Treatment Certificate.

**Objectives**

Participation in this program will allow you to:

- Create a comforting environment that encourages sharing.
- Promote and model boundaries that ensure a sense of safety.
- Observe the impact of betrayal on the client’s relationships, both in the therapy and in the larger world.
- Recognize the importance of educating clients about the dynamics of sexual abuse and personal safety.
- Discuss recent developments which have impacted the treatment of childhood sexual abuse.
- Identify ways to prevent vicarious trauma for therapists.

6 CE credits will be offered to participants completing post-workshop forms. Widener University, The Institute for Graduate Clinical Psychology, is approved by the American Psychological Association to offer continuing education for psychologists. Widener University maintains responsibility for the program. Widener University, The Center for Social Work Education, is approved by the Pennsylvania State Board of Social Work Examiners to offer continuing education for social workers.

CSA = Applies to the Child Sexual Abuse Treatment Certificate Program  
ECMH = Applies to the Early Childhood Mental Health Certificate Program

Individuals do not need to be enrolled in a certificate program to attend this workshop.

---

The Post-Graduate Center  
Institute for Graduate Clinical Psychology, Widener University  
One University Place, Chester, PA 19013-5792  
tel: 610-499-1083 | fax: 610-499-4625 | clinicalpsychologypgc@mail.widener.edu  
www.postgraduatecenter.org
**Fall 2012 Workshops**

Child Sexual Abuse Treatment & Early Childhood Mental Health Treatment Series

**Introduction to Early Childhood-Family Field**

**Chiara Nuzzo, PhD**

Friday, October 19, 2012 9:00am-4:00pm

Location: University Center | Room C

ECMH Core 1 | CSA elective | 6 CE Credits

**Workshop Description**

This full-day workshop provides an overview of the interdisciplinary early childhood-family field. We will cover the field's history, most important contributors, and its areas of focus. Next we will address the influential theories that have guided our understanding and practice, including the transactional developmental model, risk & resilience, and models for working with multi-risk families. We will also review the guiding principles of early childhood practice. What does it mean to be an early childhood-family practitioner and how do we differ from other professionals? We end with a review of relationship-based work and reflective practice--ideas and practices focused on the self-development of the practitioner.

This workshop is the Core Knowledge Part 1 for the Early Childhood Mental Health Certificate Program.* It applies as an elective to the Child Sexual Abuse Treatment Certificate Programs.

**Objectives**

Participation in this program will enable you to:

- Describe the four areas (practice/research/training/policy) that makeup the early childhood-family field.
- Describe the various models/theories of development that define the field.
- Understand the eclectic, comprehensive service roles of early childhood mental health providers and their relationship-based principles of practice.
- Define reflective practice and its role in professional development.

6 CE credits will be offered to participants completing post-workshop forms. Widener University, The Institute for Graduate Clinical Psychology, is approved by the American Psychological Association to offer continuing education for psychologists. Widener University maintains responsibility for the program. Widener University, The Center for Social Work Education, is approved by the Pennsylvania State Board of Social Work Examiners to offer continuing education for social workers.

CSA = Applies to the Child Sexual Abuse Treatment Certificate Program

ECMH = Applies to the Early Childhood Mental Health Certificate Program

*Note: Mandatory/Core Knowledge workshops from one certificate program cannot be applied to another certificate program. Electives can be credited towards the CSA certificates.*

The Post-Graduate Center
Institute for Graduate Clinical Psychology, Widener University
One University Place, Chester, PA 19013-5792
Lions and Tigers and Bears: The Multi-System Complexity of Child Sexual Abuse

Anthony Goldsmith, MA, Mary Hove, MS, and Panel

Friday, November 18, 2012 9:00am-4:00pm
University Center | Webb Room
CSA Core 4 | 6 CE Credits

Workshop Description

Techniques to use with a child who discloses abuse will be reviewed, with an emphasis on encouraging expression while not leading the child, and ways to avoid questions that may contaminate an investigation. Child protective service (CPS) reporting scenarios will be used for illustration. The roles of various entities in child sexual abuse will be delineated, including those of family members who face crises of their own. Parents who have experienced this trauma are included to help enhance the framework for healing. The unique intersystem coordination in Delaware County, PA allows us to bring together a panel from child welfare and the legal system for a lively and spirited discussion of the issues around investigation and prosecution.

This is the Core Knowledge Part 4 for the Child Sexual Abuse Treatment Certificate.

Objectives

Participation in this workshop will enable you to:

• Explore the role of therapist bias in sexual abuse disclosure.
• Differentiate therapist and CPS investigator roles.
• Incorporate techniques that enhance a child’s comfort level and promote the child’s ability to give a report.
• Describe the prevalence and effects of denial on nuclear and extended family relationships.
• Understand the importance of group support for non-offending caretakers
• Identify the roles of child protective services, criminal investigation, prosecution, and probation.
• Recognize the importance of collaboration and relationships with the various systems involved in CSA.

6 CE credits will be offered to participants completing post-workshop forms. Widener University, The Institute for Graduate Clinical Psychology, is approved by the American Psychological Association to offer continuing education for psychologists. Widener University maintains responsibility for the program. Widener University, The Center for Social Work Education, is approved by the Pennsylvania State Board of Social Work Examiners to offer continuing education for social workers.

CSA = Applies to Child Sexual Abuse Treatment Certificate Program
ECMH = Applies to the Early Childhood Mental Health Certificate Program

Individuals do not need to be enrolled in a certificate program to attend this workshop.
Early childhood mental health practice is informed by a diverse array of theories and many lines of research. Practice-relevant topics we will discuss include attachment theory and its treatment applications and brain development research and the effects of early trauma on child development and well-being. We will end with a discussion of early childhood mental health’s tradition of dyadic treatment.

This workshop is the Core Knowledge Part 2 for the Early Childhood Mental Health Certificate Program.* It applies as an elective to the Child Sexual Abuse Treatment Certificate Program.

Objectives

Participation in this workshop will enable you to:

- Define infant & early childhood mental health.
- Describe attachment theory and its implication for clinical intervention.
- Describe brain growth and development in the early years and how stress and trauma impact child development outcomes.
- Delineate the main temperament types and how this knowledge can inform parenting practices.
- Outline areas of intervention and learn strategies of when and how to intervene.

6 CE credits will be offered to participants completing post-workshop forms. Widener University, The Institute for Graduate Clinical Psychology, is approved by the American Psychological Association to offer continuing education for psychologists. Widener University maintains responsibility for the program. Widener University, The Center for Social Work Education, is approved by the Pennsylvania State Board of Social Work Examiners to offer continuing education for social workers.

CSA = Applies to the Child Sexual Abuse Treatment Certificate Program
ECMH = Applies to the Early Childhood Mental Health Certificate Program

Individuals do not need to be enrolled in a certificate program to participate in this workshop.

*Note: Mandatory/Core Knowledge workshops for one certificate program cannot be applied to another certificate program. Electives can be credited towards the CSA certificate.
Directions to Widener University

Widener University is conveniently located just south of the airport and only a block off of I-95 (Exit 6). Comprehensive directions, and printable campus and parking maps are available on our website at www.postgraduatecenter.org.

- From Philadelphia: Take I-95 South to I-476 North and MacDade Boulevard. Follow the Widener University sign (turn right off the exit). MacDade Boulevard will become East 22nd Street. Turn left onto Providence Avenue, Route 320 South. Follow the Widener University sign. Turn left onto East 14th Street into the main entrance of the university. University Center is located on 14th Street. (There are small parking lots and street parking nearby.)
- From Delaware: Follow I-95 North to Exit 6 (Routes 320 and 352) in Pennsylvania (not Delaware). At first traffic light, turn left over bridge. Bear right at fork on other side of bridge. Go to first traffic light and turn right onto East 14th Street into the main entrance of the university. The University Center is located on 14th Street. (There are small parking lots and street parking nearby.)
- From Central New Jersey: Take NJ Turnpike South to Exit 2. Proceed on Route 322 West across the Commodore Barry Bridge. Follow signs for I-95 North and Philadelphia to I-95 North. (See "From Delaware" directions above.)
- From Southern New Jersey: Take the Atlantic City Expressway to I-295 South to Commodore Barry Bridge. Thereafter, follow instructions from Central New Jersey.

You may park in any legally marked spot you find. If you are mistakenly ticketed while attending a workshop, let us know. Widener is a small, intimate campus with ample parking. Most buildings are within a four-block radius, making parking and walking to your desired location fast and easy.

Things to Remember

- Please arrive at Widener 30 minutes before the workshop begins to allow time to find parking, walk to the meeting room, use the restroom, sign in, get some food, and settle in.
- For your convenience, coffee, tea, water and bagels will be provided during the morning session. Lunch is not provided, but there are several options nearby (see below).
- Dress in layers so that you can regulate your comfort level.
- As a courtesy to our speakers and other audience members, please silence all cell phones, beepers, and pagers.
- Certificates of attendance will be given out at the end of each program. In compliance with APA requirements, participants must be present for the entire program to receive CE credits.
- In compliance with APA requirements, if you are requesting CE credits, you must complete a demographic and evaluation form in order to receive a certificate of attendance. Your honest feedback is appreciated; both the presenters and the Post-Graduate Center will use them for improvement.
- We hope that your experience is a good one. If you would like to discuss any concerns, complaints or make any suggestions, contact Blaine Wilson at the Post-Graduate Center via phone at 610.499.1083 or e-mail at clinicalpsychologypgc@mail.widener.edu.

Places to Eat

- The Real Food on Campus kiosk, located inside University Center near the entrance, offers sandwiches, salads, bottled water, juice, soda, and snacks.
- The Student Dining Hall, located around the corner from the kiosk, offers an all-you-can-eat lunch menu.
- The MacStreet Grill is on the lower level of University Center and offers sandwiches and convenience store items.
- Quiznos offers a selection of sandwiches and entrees and is located on the lower level of University Center.
- There is both a deli and a Chinese take-out store on Providence Avenue between 16th and 18th Streets.
- There is a WAWA convenience store with a deli on 22nd Street near 476.
All Fall 2012 workshops will be held in rooms located in the University Center on East 14th St (University Place).
Program facilities meet American Disabilities Association standards.