

# PTSD in Teens

FREE Live Virtual Course

July 27th 1-4pm EDT  
2.75 CE credits (Breaks not included)  
(Participant must attend entire session and complete an evaluation for credit)

At this time, the trainings remain free, but for those seeking CE credits, there will now be a fee of approximately \$7/credit.

Presented by:

 Institute for  
Human Services

Register: [www.ihs-trainet.com/training](http://www.ihs-trainet.com/training)

## PTSD in Teens 3 hrs (One 3-hr virtual session) July 27th from 1 pm- 4 pm EDT

This 3-hour intermediate level training will be useful for psychologists, social workers, clinicians, and other helping professionals working with teens who have been diagnosed with Post Traumatic Stress Disorder (PTSD). The course will increase participants' professional strategies to better support their clients on the path to healing.

Working with a teen who is diagnosed with PTSD can be challenging. It is also an opportunity to help a teen heal and move toward Post Traumatic Growth. We will review the diagnosis of PTSD and consider how the usual symptoms impact developmental tasks and day-to-day life. Teens with PTSD often exhibit challenging behaviors: flashbacks, sleep disturbance, suicidal ideation, strong reactions to triggers, struggles with getting things done, and relationship problems.

We will consider strategies we can use to help a teen understand their diagnosis, reduce symptoms, and focus on healing. The training will incorporate time to develop an action plan reviewing resources and coping skills helpful for teens and their caregivers.

### Participants will be able to:

1. Describe the diagnosis of Post-Traumatic Stress Disorder and its impact on the developmental tasks of the teen years.
2. Develop effective communication strategies to use with teens with PTSD, and their parents/caregivers, to support optimal treatment outcomes.
3. Identify typical behaviors present in teens with PTSD along with effective treatment methods to address them at home and in the community.
4. Plan resources about managing the symptoms of PTSD to share with teens and their families.

### About the Trainer:



**Laura Gaines, MSW, LISW-S.** Laura has 20 years of experience as a child and adolescent mental health clinician and crisis text line volunteer. In addition to her professional experience, she has experience as an adoptive parent of a (now adult) daughter who is diagnosed with PTSD. Laura provides clinical consultation regarding child and adolescent

mental health. She has been an Ohio Child Welfare Training Program trainer and curriculum developer for over 20 years. Her trainings focus on child development, mental health, developmental disabilities, ethics, trauma informed care, resilience and each person's individual solutions to life's challenges.



### Continuing Education Credits

The Institute for Human Services is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Human Services maintains responsibility for this program and its content.

The Institute for Human Services, #1802, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. States and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Institute for Human Services maintains responsibility for this course. ACE provider approval period: 03/25/2022-03/25/2023.

**This training is approved for 2.75 APA and ASWB CE credits.**

**Note:** This course is offered via Zoom. A few days prior to the session you will receive connectivity instructions via email. **To earn CE credits, participants must attend both sessions in entirety, complete an evaluation, and pay the \$20 CE fee at time of registration.**

**Questions?** Email [training@ihs-trainet.com](mailto:training@ihs-trainet.com) or contact our office at 614-251-6000 Monday through Friday between 9 a.m. and 5 p.m. EDT. If you need additional accessibility supports, please contact us in advance of the training to make necessary arrangements. **[View our Grievance and Refund Policy.](#)**