



## **Morning Study Group**

### **Nancy Falls, Ed.D.**

### **“I’m Not My Trauma!”**

#### **FOT for Children and Youth Who Have Experienced Trauma**

#### **Description:**

Practically nothing can be more devastating to children and youth than experiencing interpersonal violence, abuse and neglect. But it is possible to help children and youth overcome the potentially devastating impacts of trauma using an FOT approach. In this study group, participants will have the opportunity to learn how to best understand the specific impact of complex trauma on the child through the lenses of child development, attachment, neurobiology, and trauma theory. Specific FOT strategies will then be identified and, through case studies and experiential exercises, participants will experience first-hand the effectiveness of these strategies related to safety and stabilization, resolving and integrating traumatic experiences, and moving on to healthy futures. Information on opportunities for specialized training and relevant resources will be provided.

Working with a child or youth through this healing process can be an incredibly rewarding experience. Participants will explore the benefits and potential impacts of doing this work and how to develop a self-care plan to avoid experiencing secondary trauma.

#### **Summary:**

Focusing Oriented Therapy is an effective approach in helping children and youth overcome the devastating impact of trauma, abuse and neglect. FOT brings the body’s wisdom to trauma therapy. This didactic and experiential study group will introduce participants to the process of helping children and youth build healthy futures after their victimization experience using an evidence-informed approach that combines FOT with an understanding of attachment, child development and neurobiology.

#### **Bio:**

Nancy Falls, Ed.D., RP is a psychotherapist in private practice and manager of Training and Consultation at Radius Child and Youth Services. For over twenty years she has been using Focusing in her work with individuals who have experienced trauma. Her area of emphasis currently is using a focusing-oriented approach to help children and youth overcome the impacts of trauma, and in particular sexual victimization. Nancy is a Certifying Coordinator with the Focusing Institute.

#### **Learning Objectives:**

Participants will have an opportunity to:

- a. connect with their felt sense of being a competent helping professional and learn strategies to stay grounded and connected when working with children and youth who have experienced trauma.
- b. review the foundational theories related to attachment, child development, and neurobiology as they relate to developing an understanding of trauma and its' impact on children and youth.
- c. learn how FOT can be incorporated into evidence-informed assessment and treatment strategies for children and youth who have experienced trauma.
- d. experience first-hand the effectiveness of FOT strategies related to safety and stabilization, resolving and integrating traumatic experiences, and moving on to healthy futures.
- e. explore the benefits and potential impacts of doing this work and how to develop a self-care plan to avoid experiencing secondary trauma.

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#### References:

Cohen, J.A., Mannarino, A.P., and Deblinger, E. (2006). *Treating trauma and traumatic grief in children and adolescents*. New York, NY: The Guilford Press.

Geller, A.M & Porges, S.W. (2014). Therapeutic Presence: Neuropsychological Mechanisms Mediating Feeling Safe in Therapeutic Relationships. *Journal of Psychotherapy Integration* 2014, Vol. 24, No. 3, 178–192

Ogden, P., Minton, K., & Pain, C. (2006). *Trauma and the Body: A sensorimotor approach to psychotherapy*. New York: W. W. Norton & Company.

Seigal, D. J. (2014). *Brainstorm: the power and purpose of the teenage brain*.

Van der Kolk, Bessel (2014). *The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma*

## **Continuing Education**

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits 6.25** The International Focusing Institute maintains responsibility for this program and its content.

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