

# Northern Virginia Clinical Psychologists

Presents a 3-CEU Program on Friday, June 5th, 2020

## Childhood Trauma: The Invisible Wounds and Lifetime Effects

Panel Discussants: Amy Heard, PhD, Diane Hoekstra, PhD, & Lynn Piper, PhD

Moderator: Tiffany Duffing, PhD

Date/Time: Friday, June 5th, 2:00 pm - 3:00 pm (plus 2 hours of independent study)

Place: Your Choice! (We will offer a Zoom Meeting link after your registration)

Cost: \$35.00 for NVCP Members / \$55.00 for non-NVACP Members / \$20.00 for Clinical Students

Program Schedule: 5/29/20 – 6/4/20: Independently watch Cracked Up  
6/5/20, 2pm-3pm: CE Program

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**Program Overview:** This training is designed to give participants a deeper understanding of the complex and long-term injuries that can occur as a result of childhood trauma. All participants will watch the documentary **Cracked Up: The Long Arm of Childhood Trauma**, featuring Saturday Night Live Veteran Darrell Hammond, prior to the June 5<sup>th</sup> live discussion. Participants will be provided a few questions to consider while watching the movie and asked to engage in related conversation during the live discussion. Expert panelists will lead the discussion about the difficulties in assessing, treating, and living with the effects of childhood trauma. Specifically, panelists will elicit documentary reactions from participants and encourage reflection on common invisible injuries such as shame, self-blame, abandonment, and neuroadaptations as well as secondary effects such as substance abuse, self-harm, and maladaptive relationship patterns.

### Learning Objectives:

Participants will learn to:

1. Identify and describe 5 invisible injuries of childhood trauma
2. Identify and describe the impact of stigma on the trauma recovery process
3. Reframe experienced childhood trauma as an injury versus illness
4. Facilitate a healing narrative when working with clients who have experienced a childhood trauma

**Speakers:** **Amy Heard, PhD** is a Licensed Clinical Psychologist with a private practice in Vienna, VA. She obtained her doctoral degree in Clinical Psychology from Auburn University in 2000. Dr. Heard works with individuals and couples, specializing in treatment of medical issues including chronic pain, pelvic pain, migraines, neurological conditions, cancer, sexual dysfunction and fibromyalgia/chronic fatigue. She uses Acceptance and Commitment Therapy and Sensorimotor Therapy techniques within a biopsychosocial model to help clients build skills that strengthen the mind-body connection and move toward building more meaningful lives. **Diane Hoekstra, PhD** is a Licensed Clinical Psychologist with a private practice in Fairfax, VA. She obtained her doctoral degree in Clinical Psychology from the University of Virginia and working towards advanced certification as a sensorimotor practitioner. She emphasizes Attachment Theory in her psychotherapy and works from a somatic perspective treating adults and adolescents with a variety of presenting concerns, including trauma and spiritual exploration. **Lynn Piper, PhD** is a Licensed Clinical Psychologist and Animal Assisted Therapist and published author with a private practice in Springfield, VA. She graduated from the University of North Texas with a PhD in clinical psychology and has obtained advanced training in Eye Movement Desensitization and Reprocessing (EMDR). Areas of specialty include recovery from traumatic/stressful experiences, substance abuse, stress management, depression, anxiety, relational issues, and women's issues.

**To Register:** To register and pay online go to the Virginia Academy of Clinical Psychologists (VACP) registration page located at [www.vapsych.org/nvcp-event](http://www.vapsych.org/nvcp-event). You have the option to login (for members) or enter your email address (non-members) at the bottom, which will advance you to the registration page. There is also an icon on the left of the VACP website that has “NVCP CE” on the calendar. *Mailed-in registrations and refunds will not be offered* for this special event. Once registration and payment have been submitted, participants will receive an email confirmation with a private Zoom meeting link. If using a tablet or phone, you will need to download the Zoom app.

**CE Credits:** Three (3.0) Virginia Academy of Clinical Psychologists (VACP) continuing education unit credits are provided to participants that attest to this three-part CE. Participants must complete all three parts and attend the entire live discussion; partial credit is not offered. The VACP accredits and maintains responsibility for this program.

**Part I:** Watch **Cracked Up: The Long Arm of Childhood Trauma**. This documentary is presently available on Netflix for subscribers. If you do not have Netflix, you can use the Vimeo link and password that will be sent along with the Zoom link.

**Part II:** Consider the following questions when you watch the movie and make notes of your answers. You will be asked to share your responses verbally or through the written chat feature during the live discussion. These will help document your attendance/participation in the training.

Questions: What barriers did Mr. Hammond experience in obtaining the support and treatment he needed? What role did mental health stigma play in delaying Mr. Hammond’s psychological treatment? What are one to two potentially pivotal questions you would have asked Mr. Hammond if he had come to your office seeking treatment?

**Part III:** Attend and participate in the live discussion on June 5<sup>th</sup> from 2-3pm. Participants will listen to the discussants share thoughts and engage in participant reflections.

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*Northern Virginia Clinical Psychologist (NVCP) is a regional organization of the Virginia Academy of Clinical Psychologists whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at discounted cost CE events, quarterly newsletters, message board forum, and a website ([www.nv-cp.org](http://www.nv-cp.org)). It is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP, please contact Laurentia Ruby at [laurentia.ruby@verizon.net](mailto:laurentia.ruby@verizon.net), or call 703-839-2523, or visit website at [www.nv-cp.org](http://www.nv-cp.org). If you are interested in volunteering with a Committee or the Board, let any Board member know.*