

Post-Traumatic Stress Disorder in Teens: Working with Teens & Families

Live Virtual Course – December 10, 2024 from 1:00 – 4:15 pm EST

3 Social Work CE Credits Available
Course only (\$15) or Course with 3 CE's (\$25)

Presented by:



Register: www.ihs-trainet.com/training

Post Traumatic Stress Disorder in Teens: Working with Teens & Families

3 hr. virtual session
November 20th from 1-4:15 pm EST

Working with a teen diagnosed with Post-Traumatic Stress Disorder (PTSD) can be challenging but also presents an opportunity to support their healing and growth. In this training, we will review the diagnosis of PTSD and explore how its symptoms impact developmental tasks and daily life.

Teens with PTSD often experience a range of symptoms, including flashbacks, sleep disturbances, suicidal ideation, strong reactions to triggers, difficulties with completing tasks, and relationship problems. We will discuss strategies to help teens understand their diagnosis, reduce symptoms, and focus on healing.

The training will also include time to develop an action plan, reviewing resources and coping skills beneficial for teens and their caregivers. This will enable you to validate the impact of trauma and offer opportunities for healing and post-traumatic growth. This live, virtual intermediate-level training is designed for social workers, psychologists, counselors, and other human services professionals.

Participants will be able to:

- Describe the diagnosis of Post-Traumatic Stress Disorder and its impact on the developmental tasks of the teen years.
- Develop effective communication strategies to use with teens with PTSD, and their parents/caregivers to support optimal treatment outcomes.
- Identify typical symptoms experienced by teens with PTSD along with effective treatment methods.
- 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 twenty years' experience as a child and adolescent mental health clinician and Crisis Text Line volunteer. She is a trainer and researcher regarding resilience as an individual and community skill.



This training is approved for 3 Social Work CE credits

Note: This course is offered via Zoom for a \$15 training fee or \$25 with 3 CE credits. A few days prior to the session you will receive connectivity instructions via email. **To earn CE credits, participants must attend the session in its entirety, remain on camera, complete an evaluation, and pay the training and CE fees at the time of registration.**

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

Continuing Education Credits



The Institute for Human Services, Provider #1802, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 03/25/2023 – 03/25/2026.



Laura provides clinical consultation and parent coaching regarding child and adolescent mental health. Her trainings focus on child development, mental health, ethics, trauma-informed care, resilience, and each person's individual solutions to life's challenges.