



Fall Program **Sunday, October 2, 2022—Zoom Webinar**
Complex Trauma- Overview, Intergenerational Transmission, and Treatment

Presenters: Emily Becker-Weidman, Ph.D., and Jessica Bonumwezi, Ph.D.

PROGRAM:

This presentation will explore two forms of trauma exposure in early life related to the parent-child relationship. Complex Trauma refers to chronic early maltreatment within a care-giving relationship. Complex Trauma is associated with pervasive disruption across multiple domains of functioning and child development, including attachment. Intergenerational trauma refers to the effects of trauma experienced by a parent and subsequently transmitted to the children. Attachment and other factors related to the parent-child relationship have been identified as important pathways of intergenerational trauma transmission. This presentation will provide an overview of Complex Trauma and its impact on development and brain function. It will also explore Intergenerational Trauma transmission and identify family factors that mediate this transmission. Lastly, there will be a discussion and overview of evidence-based strategies for assessing and treating Complex Trauma and Intergenerational Trauma, with an emphasis on attachment-focused approaches. Specific treatment techniques and challenges will be discussed in detail.

PRESENTERS:

Dr. Emily Becker-Weidman is the Director of The Adoption and Attachment Treatment Center at The Child and Family Institute in Westchester and Bergen County, Clinical Director of the NYC division of The Center for Family Development, independent contractor for Hudson Valley Center for Cognitive Therapy, and clinical supervisor at Columbia Teachers College. Dr. Becker-Weidman received her Ph.D. in Clinical Psychology from Northwestern University. She completed her internship at the NYU Child Study Center/Bellevue Hospital and a 2-year post-doctoral clinical research fellowship in Anxiety and Mood Disorders and Autism at the NYU Child Study Center. Dr. Becker-Weidman is a child and adolescent psychologist with expertise in cognitive behavioral therapy (CBT) for children, adolescents, and young adults and attachment-focused family therapy. She has certifications in CBT from the Academy of Cognitive Therapy, certified in Trauma Focused Cognitive Behavior Therapy (TF-CBT), intensively trained in DBT, and is a Certified Attachment-Focused Family Therapist.

Jessica Bonumwezi received her Ph.D. in Clinical Psychology from Montclair State University in June of 2022 after completing a psychology internship at Westchester Jewish Community Services and defending her dissertation on intergenerational trauma in children of survivors of the 1994 genocide against the Tutsi in Rwanda. She recently started a clinical research postdoctoral fellowship in the Global Mental Health and Addiction Program at the University of Maryland in the Fall. Her research interests are centered around examining the effects of trauma in minority and underserved populations. Her recent projects have involved discrimination-related trauma and intergenerational trauma transmission.

Learning Objectives: This workshop is designed to help participants:

1. Summarize definition of Complex Trauma.
2. Summarize how 7 domains are affected by Complex Trauma
3. Conceptualize how attachment develops and its importance in child development
4. Summarize definition of Intergenerational Trauma
5. Recognize the history of the concept of intergenerational trauma and the communities in which it has been explored
6. Identify psychosocial family factors associated with the intergenerational transmission of trauma
7. Identify key principles of attachment-focused treatment
8. Apply attachment-focused techniques to the treatment of Complex Trauma and Intergenerational Trauma

ZOOM WEBINAR: Registration closes on 9/30/22. Register now for this webinar:

https://us02web.zoom.us/webinar/register/WN_7adTDD4HQ4mmduxqAUIKFO

10:45 --11:00 AM Welcome and Orientation

11:00 -- 1:00 PM Program

NCAP Members and Students – No Charge • Guests/Non-NCAP members \$30

2 CE credits available for psychologists (add'l. charge): Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

Guests/Non-NCAP members*: payment can be made through Zelle to NCAP and cell #201-218-0430, or by check made out to NCAP and mailed to: NCAP, 8 Cricket Lane, Woodcliff Lake, NJ 07677.

*Guests/Non-NCAP members, please include your email address with your payment so you can receive instructions for joining the Zoom webinar.

RSVP by 9/30/22. If payment is not received by Sept. 30th, non-members will be blocked from attending the program on October 2nd.

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.

*Intended audience: Psychologists, psychiatrists, educators, mental health professionals, graduate students. *Please note that due to issues of confidentiality, the presentation is open only to people in the field.*

Program sophistication: Intermediate—some basic knowledge of the specific content is required.

The presenter has no commercial support or conflict of interest for this program.

NJPA does not endorse the presented material as the only approach to a given area of study or therapeutic approach.

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