



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center



Trauma-Informed Strengths-Based Treatment for Urban Youth

Presented by Courtney Molina, PsyD

Wednesday, June 28, 2023

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/QDQRNXL>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on June 27, 2023

Description:

The focus of this review/presentation is to explore the use of trauma-informed, strengths-based care for treatment of low-Socioeconomic status (SES), urban youth. Specifically, the presentation focuses on the use of this treatment with low-SES, urban youth who demonstrate emotional and behavioral dysregulation. The presenter will first define emotional and behavioral dysregulation as symptoms of chronic stress and community trauma exposure. Next, the presentation will review protective factors and risk factors that contribute to both traumatic stress responding and resilience. In terms of treatment, the presenter will explore trauma-informed care and strengths-based care as separate and complementary frameworks, highlighting theoretical traits and therapeutic interventions from each. Finally, the presentation will provide seven treatment guidelines that blend concepts from trauma-informed and strengths-based care, and emphasize systemic needs, family growth and community support.

Learning Objectives:

1. Define emotional and behavioral dysregulation among low-socioeconomic status (SES), urban youth.
2. Explore the impact of risk factors and protective factors among low-SES, urban youth.
3. Provide knowledge and guidelines for practical treatment of low, SES urban youth.

Presenter:



Courtney Molina, PsyD earned her bachelor's degree in psychology at Southeastern University and her master's and doctorate degrees in clinical psychology at The Florida School of Professional Psychology. Dr. Molina completed her post-doctoral fellowship at Palm Beach County Youth Services Department. She currently works at Lakeland Regional Health- Center for Behavioral Wellness- as an outpatient hospital psychologist. In her work, she provides psychotherapy services to individuals across the lifespan, particularly youth and families. She also provides group psychotherapy and psychological assessment services. Dr. Molina specializes in treating disorders related to mood, trauma and stress, conduct, and intellectual and developmental disability. She also specializes in issues related to family and interpersonal conflict, social isolation, community violence, and poverty. Professional interests include working with diverse and marginalized populations.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2025).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2024).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
 - **Everyone** – All participants will see the message in their Chat pane.
 - **Organizer(s) only** – All organizers will see the message in their Chat pane.
 - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>