



**Trauma and Attachment Symposium:  
Safety, Security, Resiliency**

**Smith College Conference Center, Northampton, MA 01060**

**May 4, 2018**

Sponsored by:  
**Cutchins Programs for Children and Families**

## **Description**

In recent years, there has been an explosion in research and knowledge of how traumatic experience and toxic stress shape the nervous system and ultimately the ability to become self-aware, self-regulate, relate to others, play, and learn. Additionally, the growing awareness of how trauma impacts developing brains and bodies, and specifically the impact on physiology, has ushered the realization that body-based approaches are an integral component of trauma informed approaches, rather than solely focusing on cognitive and behavioral models. With this awareness, comes the growing urgency for interdisciplinary approaches to research, care planning and implementation, and public policy delving into both the art and the science of trauma informed approaches.

The model of trauma informed care continues to be in its infancy, and the rise in awareness of the impact of trauma on attachment as intimately interconnected, necessitates the transformation of the model to trauma and attachment informed care. In accordance, Cutchins Care proudly presents its first annual symposium, procuring experts in the areas of public policy, research, and practice.

Join us as we assemble internationally renowned, interdisciplinary professionals exploring the prevailing, best, and promising practices for those working with people with trauma and attachment-related needs and goals.

## **Presenters**

### **Keynote**

#### **Dr. Janice LeBel**

Dr. Janice LeBel is a licensed, Board-Certified Psychologist with more than thirty-five years' experience in the public sector working primarily in mental health, but also with child welfare, juvenile justice, and intellectual and developmental disability populations. She oversees a statewide system of inpatient, secure residential care for children and adolescents. Dr. LeBel also leads the Massachusetts Department of Mental Health's nationally-recognized Restraint/Seclusion (R/S) Prevention Initiative and an Interagency Initiative with the same focus involving seven child-serving state agencies and the public and private special education schools in the state. She was a principal architect of a large-scale, statewide transformation effort implementing the Building Bridges' Initiative platform in a residential reprourement for both mental health and child welfare services representing \$240M worth of annual purchased service. Dr. LeBel is a founding member of the National Association of State Mental Health Program Directors' Office of Technical Assistance Center's (OTA) teaching faculty, co-authored an evidenced-based curriculum on R/S Prevention, and works to implement trauma-informed care and R/S prevention efforts throughout the United States and internationally. She has provided expert testimony at Congressional Briefings and legal proceedings. She has researched and published on trauma-informed care, consumer-inclusion, and seclusion and restraint-related issues. Dr. LeBel has provided consultation to many programs and facilities in the United

States and other countries including: Canada, Australia, New Zealand, Finland, and the United Kingdom. She has also presented at many national and international forums and serves as a peer reviewer for several journals.

## **Keynote**

### **Dr. Daniel Siegel**

Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. He is also the Executive Director of the Mindsight Institute that focuses on the development of mindsight, which teaches insight, empathy, and integration in individuals, families and communities.

Dr. Siegel has published extensively for both the professional and lay audiences. His four New York Times bestsellers are: *Mind: A Journey to the Heart of Being Human*, *Brainstorm: The Power and Purpose of the Teenage Brain*, and two books with Tina Payne Bryson, Ph.D: *The Whole-Brain Child*, and *No-Drama Discipline*. His other books include: *The Developing Mind* (2nd Ed.), *Mindsight*, *The Mindful Brain*, *The Mindful Therapist*, *The Yes Brain* (also with Tina Payne Bryson, Ph.D), and his upcoming book *Aware* (2018). Dr. Siegel also serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which contains over sixty textbooks.

### **Dr. Tina Champagne**

Dr. Tina Champagne is the Executive Director of Cutchins Programs for Children and Families, the owner of Champagne Conferences & Consultation, and a renowned international consultant. She is also a professor for American International College's Post Professional, Occupational Therapy Doctoral Program. Tina is an expert in sensory integration, trauma and attachment informed care, and fostering organizational change. She consults with a variety of mental health, professional, and educational organizations on state, national, and international scales. Dr. Champagne has numerous publications, including two books, numerous continuing education and research articles, and she is a reviewer for several occupational therapy and nursing journals. She has received numerous awards for her work, the most recent being named a fellow of the American Occupational Therapy Association

### **Dr. Peg Ingolia**

Dr. Ingolia is an occupational therapist with extensive experience working with children and families experiencing sensory processing disorders and trauma. She has developed and implemented occupational therapy programs in hospital, school, residential, and clinical settings, and has taught in clinical and educational milieus. Dr. Ingolia holds a particular interest in the effects of trauma and mental health difficulties on parents and families. Her other areas of interest and expertise include manual therapies and mindfulness in practice.

## **Education Level**

This course is geared toward an *intermediate level* of education; more specifically to practitioners with a general working knowledge of current practice trends and literature related to trauma and attachment. Focus of this course is on increasing understanding and competent application of the subject matter. There are no prerequisites required for this course.

## Target Audience

This symposium is intended for:

- Mental Health Professionals
- Child and Adult Serving Professionals and Paraprofessionals
- Educators
- Criminal Justice Professionals
- Medical, Emergency Responders, and/or Forensic Professionals
- Community Service Providers
- Military Providers
- Members of Community Organizations
- Organizational Leaders
- Citizens Providing Community Services
- Faith-Based Providers
- Family and Caregivers
- People with lived experience

## Date/Location

Friday, May 4, 2018

Venue: Smith College Conference Center  
49 College Lane  
Northampton, Massachusetts 01063  
413 585-6977  
[smith.edu/about-smith/emo/conference-center](http://smith.edu/about-smith/emo/conference-center)  
Parking available

## Program Schedule

8:30 - 9:00 Registration

9:00 - 9:05 Welcome

9:05 - 10:35 Janice LeBel, PhD, ABPP

Keynote: Treatment Transformation with a Massachusetts Twist: Where have we been? Where are we going?

This presentation will offer participants a unique view of Massachusetts' past and present treatment interventions and connect historic and current change efforts. Massachusetts' innovations and influence on national change initiatives will also be discussed along with specific examples of how trauma-informed sensory-based practice has produced systemic change. The Building Bridges Initiative will be highlighted along with local and national innovations and possible trends to come.

10:35 - 10:45 Break

10:45 - 12:00 Tina Champagne, OT, OTD, FAOTA

The Sensory Modulation Program: Supporting Trauma and Attachment Informed Care

This presentation provides an introduction to the use of the Sensory Modulation Program to support trauma and attachment-informed care. Experts on developmental trauma tend to promote cognitive, psychotherapeutic, or body-based approaches as *key* elements to a trauma-informed approach, while leaders in attachment promote the necessity of addressing the attachment relationship. The Sensory Modulation Program supports a combination of approaches, tailored to foster the individualized needs and goals of the client and family system.

12:00 - 1:00 Lunch

1:00 - 2:00 Daniel J. Siegel, MD

Keynote: Neural integration as a Pathway to Resilience and Well-Being: Attachment and Trauma Informed Care

We will explore the properties of psychological well-being and how new scientific insights provide us with a deeper understanding of how clinical intervention works. As we continue to discover more about neural integration and the deeply social nature of the brain we are moving towards remarkable new insights into the nature of the mind. In this presentation, we will explore how the classic descriptions of major psychopathology—from autism to bipolar disorder—reveal blockages to neural differentiation and linkage in regions of the brain involved in social cognition and self-regulation. New approaches to clinical assessment and intervention that are based on revealing the precise impairment to integration will be discussed, offering a new conceptual framework for your clinical practice.

2:00 - 2:15 Break

2:15 - 3:00 Peg Ingolia, OT, OTD

Parents of Children with Complex Trauma: Occupations Viewed Through Photovoice

Research in the field of complex trauma has focused extensively on the experiences of children, however less has been written about their parents' occupations. Through the Photovoice methodology, this study explored parent occupations using Wilcock & Townsend's definition of occupation: "doing, being, becoming, and belonging" (2014). Parents took photographs of their daily life experiences, provided written narratives of the photos, and participated in group discussions. Data were analyzed and themes of parent occupations were developed. Parents also suggested future actions based on the group experience.

3:00 - 3:45 Tina Champagne, OT, OTD, FAOTA

Researching the Impact of Developmental Trauma on Sensory Integration, Self-awareness, and Participation: A Pilot Study

This presentation provides an overview of a recent pilot study. The study adds to the growing body of neuroscience and sensory integration-related evidence supporting the impact of developmental trauma on sensory integration, self-awareness, and participation. The results of this study uphold the importance of an individualized approach, encompassing the comprehensive assessment of the client's developmental needs and goals, including sensory integration, to facilitate the therapeutic planning and intervention process.

3:45 - 4:00 Closing

## **Educational Objectives**

### **LeBel**

- Describe three ways that treatment transformation is occurring in Massachusetts
- Identify two ways that Massachusetts' work is informing national transformation
- Describe the Building Bridges Initiative
- Identify five innovative strategies used to transform care by providers outside of Massachusetts
- Identify three key drivers of local and national transformation

### **Champagne**

- Identify how the sensory and motor systems of the body influence the ability to participate in meaningful life roles and activities
- Describe the components of the Sensory Modulation Program
- Identify how the Sensory Modulation Program is supportive of a trauma and attachment informed care approach
- Describe how to tailor the Sensory Modulation Program to meet individualized therapeutic needs and goals of people who have experienced developmental trauma

### **Siegel**

- Determine how the differences among secure, ambivalent, anxious, and disorganized attachment categories can better inform clinical assessment of trauma
- Analyze ways in which traumatic experiences impact neural development, structure, and function in your clients
- Evaluate the clinical implications of impairment of integration in memory processes among clients
- Point out ways in which the brain develops and changes through relationships, consciousness, and neuroplasticity, and how these changes inform clinical treatment interventions
- Analyze how Presence, Attunement, and Resonance foster Trusting relationships in clients

### **Ingolia**

- Identify difficulties parents of children with complex trauma experience in their everyday lives
- Develop at least one strategy to address parent needs related to parenting their child with complex trauma
- Suggest potential action to address parent concerns/needs within the participant's setting

### **Champagne**

- Identify the different areas of sensory integration and how each supports the development of higher level capacities
- Identify the areas of sensory integration, trauma-related symptoms, and aspects of occupational participation impacted by developmental trauma
- Analyze the study results and implications for future research

## Format

Keynote speaker, Dr. Daniel Siegel is presenting via live-stream interactive video. All other presentations will be delivered in person by the speaker. Coffee and tea is provided at registration and during the afternoon break. Lunch is not provided.

## Registration

\$150 per person

\$130 each for teams of three or more

\$120 students

## Lodging

Hotel Northampton  
36 King Street  
Northampton, MA 01060  
413 584-3100  
hotelnorthampton.com

Fairfield Inn & Suites Northampton  
115 Conz Street  
Northampton, MA 01060  
413 587-9800  
marriott.com/hotels/travel/bdlmh-fairfield-inn-and-suites-springfield-northampton-amherst/

Autumn Inn  
259 Elm Street  
Northampton, MA 01060  
413 584-7660  
hampshirehospitality.com

Some conference attendees have also found housing through Airbnb

## Continuing Education

Please contact Kristina Tams at [ktams@cutchins.org](mailto:ktams@cutchins.org) or 413 584-1310 ext. 303 to inquire if Continuing Education credits are available for your field.

This event provides .55 AOTA Continuing Education Units, equivalent to 5.5 contact hours for occupational therapy practitioners.



*The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.*

### AOTA classification codes:

1. Content Category—Domain of OT  
Content Topic—Areas of Occupation; Performance Skills
2. Content Category—Domain of OT  
Content Topic—Evaluation; Intervention; Activity & Occupational Demands; Outcomes
3. Content Category—OT Process  
Content Topic— Administration & Management; Legal, Legislative, & Regulatory, & Reimbursement Issues; OT Research; Contemporary Issues and Trends

## Course Completion Requirements

Verification of attendance via monitored sign in/sign out and Post-Course Evaluation completion.

## Notification of Acceptance

Upon the completion of online registration and payment, applicants will receive email confirmation of acceptance.

## Refund/Cancellation Policy

Cancellation by Learners: Registration payment is non-refundable. If cancellation is due to extenuating circumstances, the cancellation policy may be negotiated with the Provider. Refunds will not be issued for “no shows.” Substitutions are accepted with a written notice.

Cancellation by Provider: Participants will be immediately notified via email and the cancellation will be publicized via the website. Participants will be given a choice of a full refund or a voucher to use at another activity or the same activity at a later date.

Questions regarding these policies should be addressed to Kristina Tams at [ktams@cutchins.org](mailto:ktams@cutchins.org).

## Accessibility

Conference site is an accessible, barrier-free location. Reasonable accommodations can be made for individuals with visual and/or hearing impairments if needed.

## Complaint Resolution

If you would like to issue a complaint in regards to any aspect of this event, please contact Kristina Tams at [ktams@cutchins.org](mailto:ktams@cutchins.org). You will receive a notification that we have received your complaint. Your complaint will then enter our complaint procedure process for full review. Additionally, participants will be given the opportunity to articulate any complaints via the Post-course Evaluation.

## Registration

To register, please go to [www.cutchinscare.org](http://www.cutchinscare.org) for online registration. For questions about the registration process, contact Karissa Domina, at 413 584-1310, ext. 310, or at [kdomina@cutchins.org](mailto:kdomina@cutchins.org)