

SHAPING THE FUTURE

2019 ATSA Conference | Wednesday November 6 | 8:30 AM – 5:00 PM

D-09

Treatment for Children with Problematic Sexual Behavior and Traumatic Stress Symptoms

Amanda Mitten, MA
University of Oklahoma Health Sciences Center
Benjamin A. Sigel, PhD
University of Arkansas for Medical Sciences (UAMS)

This workshop is designed for professionals providing services to children with trauma histories who present with PTSD symptoms and problematic sexual behaviors. Core treatment components that are unique and shared between two evidence-based models, Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) and Problematic Sexual Behavior – Cognitive Behavior Therapy (PSB-CBT), will be reviewed. Discussion will also focus on treatment techniques and strategies to address problematic sexual behaviors within the context of TF-CBT. Participants are strongly encouraged to complete the free online TF-CBT training (www.tfcbt.musc.edu) and National Children's Alliance PSB video series (www.nationalchildrensalliance.org/psb) prior to attending.

Learning Goals:

- Upon completion of this educational activity, learners should be better able to differentiate between normative and problematic sexual behavior in pre-school and school-aged children.
- Upon completion of this educational activity, learners should be better able to provide an overview of traumatic stress and common trauma-related reactions in pre-school and school-aged children.
- Upon completion of this educational activity, learners should be better able to make clinical decisions when faced with clients who present with both problematic sexual behavior and traumatic stress symptoms, including utilization of standardized instruments to assess problematic sexual behavior and traumatic stress symptoms in children.
- Upon completion of this educational activity, learners should be better able to communicate about PSB-CBT clinical modules and the integration of those components into trauma-focused therapeutic services to reduce or eliminate problematic sexual behavior in children.
- Upon completion of this educational activity, learners should be better able to understand evidence-based practices for treating problematic sexual behavior and traumatic stress symptoms in children.

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- Upon completion of this educational activity, learners should be better able to understand Problematic Sexual Behavior – Cognitive Behavioral Therapy (PSB-CBT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and the overlapping and unique components of these models.

Amanda Mitten, M.A., is a Licensed Professional Counselor at the University of Oklahoma Health Sciences Center, Center on Child Abuse and Neglect in Oklahoma City, OK. She is the program coordinator for CCAN's Child Trauma Services Program (CTSP) and is a Master Trainer in the evidence-based Problematic Sexual Behavior – Cognitive-Behavioral Therapy (PSB-CBT) program for school-age children. Ms. Mitten is a nationally certified therapist in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She is also a Level 1 trainer in an evidence-based model for children with disruptive behavior disorders, Parent-Child Interaction Therapy (PCIT).

Benjamin A. Sigel, Ph.D., is a Licensed Psychologist and Associate Professor in the Department of Psychiatry at University of Arkansas for Medical Sciences (UAMS). His areas of expertise include assessment and treatment of children with a history of experiencing trauma and exhibiting problematic sexual behavior. Dr. Sigel is a Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) and Parent-Child Interaction Therapy (PCIT) trainer as well as a trainer for the National Center on the Sexual Behavior of Youth (NCSBY). He is heavily involved in the UAMS AR BEST (Arkansas Building Effective Services for Trauma) program which has disseminated evidence-based treatment for trauma across Arkansas.