

The Reiss-Davis Child Study Center and Institute at Vista Del Mar presents its 2015-2016 monthly series of

SATURDAYS at the CENTER



**CE Credits for Mental Health Professionals Serving
Children, Adolescents and Parents**

A PLACE TO TURN ▶ A PLACE TO LEARN ▶ A PLACE TO EARN

Celebrating its 7th Year of offering Cutting Edge Neurobiological/Relational Mental Health Models and Adjunctive Services

CONVENIENTLY LOCATED | REASONABLY PRICED | PLEASANTLY SITUATED ON THE GROUNDS OF VISTA DEL MAR



VISTA DEL MAR

REISS-DAVIS INSTITUTE

THE REISS-DAVIS CHILD STUDY CENTER

is a non-profit, non-sectarian mental health training and treatment center that has been serving the needs of children, adolescents, their families, and professionals since 1950.

Our Clinical and Psycho-educational services offered at the Center include:

- Psychotherapy for children, parents, and families*
- Parent Work*
- Evidence-based cognitive-behavioral therapies for MediCal eligible children, adolescents and parents*
- Diagnostic assessments*
- Psycho-Educational Diagnostic testing Service (P.E.D.S.) for assessing LD, AD/HD and emotional issues
- Keeping Kids First – An educational program for divorcing parents
- Neurofeedback/brain training program for children and adolescents with attentional and other issues

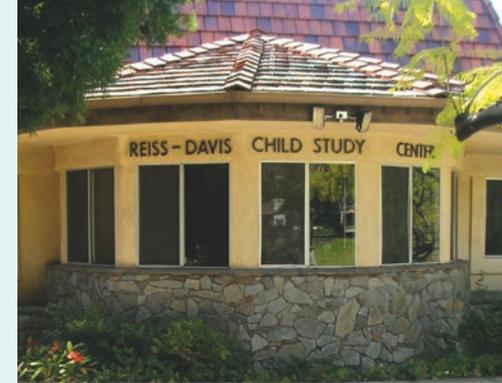
*For these clinical services please call the Vista Counseling Center at 310-836-1223 Ext. 330/500

For all other services please call 310-204-1666:

- Psycho-Educational (PEDS) Program at Ext. 307
- Keeping Kids First Program at Ext. 875
- Neurofeedback Program at Ext. 871



THE REISS-DAVIS CHILD STUDY CENTER & INSTITUTE, a division of Vista Del Mar Child and Family Services, is pleased to announce that it is celebrating its seventh year of offering the Los Angeles mental health professional community our **Saturdays at the Center Program**. The series we have put together for 2015-2016 offers clinical psychologists, social workers and marriage and family therapists an exciting selection of continuing education presentations that not only stimulate thought, suggest different methods and techniques to augment working with children, adolescents and their parents, but also offer an opportunity to learn and discuss information reflecting recent dynamic thinking in the field of infant, child and adolescent mental health, adjunctive psychotherapeutic, and other services for young people and their families. This year's series reflects requests received from our Survey Monkey exploration of what attendees would like this season including more hands-on experiences. In this way we attempt to continue to provide monthly workshops, each offered by an outstanding professional, that address both the mental health and/or other needs that can impact on young people and their families from birth through late adolescence, and offer therapists new and innovative techniques and approaches that they can apply to their current work with young clients and/or their parents.



Saturdays at the Center is a program sponsored by the Reiss-Davis Institute, the training and research wing of the Reiss-Davis Child Study Center and Institute at Vista Del Mar. Our Center has had an established reputation for providing quality clinical services to children, adolescents and their families in the Los Angeles community for sixty-five years. We also have an established reputation in the mental health training field, through our post-masters and post-doctoral Fellowship programs, whose graduates now serve the mental health needs of children here in Los Angeles, in California, across our country and across the world. Additionally, we offer training to professionals in child-adolescent mental health through our well received Annual Edna Reiss-Sophie Greenberg Chair Lecture Series, recognizing nationally and internationally known professionals who have made major contributions to the field of child-adolescent mental health.

Our Reiss-Davis Institute also offers a degree-granting graduate school program through our Reiss-Davis Graduate Center for Child Development and Psychotherapy program, now offering a Psy.D. degree in clinical child psychology through our convenient One Weekend/Month 3 year didactic program for busy licensed therapists wanting a Psy.D. in clinical child psychology with a psychodynamic emphasis. A new cohort of this program is scheduled to begin in January 2016.

NOVEMBER 7, 2015

9:30am–12:30pm | 3 CE Credits

Regulation, Rhythmicity, Release: An Exploration of TRE® Trauma Release Exercises

Presented by a well-respected trainer in trauma work who has worked as a clinician, educator, and researcher in settings ranging from large-volume hospitals to small community clinics



Nkem Ndefo, RN, CNM is a certified TRE® Trainer and founder of TRE Los Angeles, Inc., where she provides private and group TRE® instruction, certification, and organizational programming. She serves on the steering committee for the Greater Los Angeles Trauma-Informed Task Force and is on the advisory board for Living Ubuntu, a non-profit focused on holistic trauma recovery.

Trauma Release Exercises (TRE®) are an integrated somatic mindfulness and movement practice that provide post-traumatic symptom relief through the release of deep trauma-related tension patterns. In this interactive workshop, we will examine the holistic experience of trauma from a neuro-psycho-biological and relational basis, with a focus on clinician-client and parent-child dynamics. There will be an experiential exploration of the TRE® movement sequence and small group discussion. Guidance will be provided on integrating TRE® into established programs serving children, adolescents, and their families in community, educational, and organizational settings.

Learning Objectives

- To explain the rationale for inclusion of somatic components in trauma-informed pediatric, adolescent, and family mental health services
- To describe the purpose of the self-induced therapeutic tremor
- To demonstrate how to safely perform the TRE® movement sequence

Please wear comfortable clothes that allow easy movement and bring a yoga mat (or large towel) and blanket to this presentation.



DECEMBER 11, 2015

10:00am–1:00pm | 3 CE Credits

Sensorimotor Psychotherapy: Interventions for Trauma and Attachment

Presented by an expert in Sensorimotor Psychotherapy's treatment methodology for trauma and attachment failure

NOTE: This is a Friday presentation starting at 10am

Rebeca Farca, M.A. is an international trainer for the Sensorimotor Psychotherapy Institute, a staff member at Reconnect: Integrative Trauma Treatment Center, and is in private practice.

Current neuroscience research indicates that insight and understanding may have only a limited influence on the operation of subcortical processes disrupted by trauma and attachment. A body-oriented approach is called for that can facilitate alternative ways of perceiving reality, addressing non-verbal symptoms and resolving the implicit effects of the past. Sensorimotor Psychotherapy meets this need by integrating cognitive and somatic interventions, emphasizing body awareness, practicing new actions, and building somatic resources. The approach will be illustrated through lecture, videotaped excerpts of therapy sessions, and brief experiential exercises.

Learning Objectives

- Explain why a body-oriented psychotherapeutic approach can be effective in clinical practice
- Describe the difference between the effects of trauma and attachment on body and mind
- Apply somatic resources in clinical practice

JANUARY 23, 2016

9:30am–12:30pm | 3 CE Credits

Adolescents and their Families: Strategies for Intervention

Presented by a well-respected psychoanalyst and teacher with an expertise in working clinically with adolescents and their families



R. James Perkins, M.D., is a psychiatrist, and psychoanalyst with a longstanding interest in adolescents and their families; an Assistant Clinical Professor of Psychiatry at UCLA and a Training Analyst at the New Center for Psychoanalysis; was past president of the Los Angeles Child Development Center; has run several inpatient Adolescent Units; and is currently in private practice in Brentwood.

Those of us who deal with adolescents in our clinical practice recognize the unique challenges we face. From the initial evaluation to our clinical interventions, we learn from experience what works for us. A valuable addition can be the opportunity to hear how others think and act in situations that are all too familiar to us. This presentation will deal with just that; from difficult diagnoses to difficult parents, from confronting our blind spots to accepting our limitations, this presentation will touch on the variety of dilemmas and solutions we face with teens and their parents in our always fascinating profession.

Learning Objectives

- Explain a few difficult diagnoses that confront many clinicians working with teens
- Describe a few examples of blind spots when working with adolescent
- List a few personal limitations we need to accept when working with teenagers

HAVE YOU ALWAYS DREAMED YOU COULD HAVE A DOCTORATE TO ROUND OFF YOUR PROFESSIONAL TRAINING?

**And if you could find such a doctoral program
tailored to your own needs
wouldn't you want it to be...**

- Not too time-consuming,
- Not too expensive
- Not too disruptive

For your busy professional career?

**Our 1 weekend/month 3 year Psy.D. program
In clinical child/adolescent psychology**

May be

just the place to turn

to make your dreams come true

**A NEW COHORT OF CLASSES
BEGINS IN JANUARY, 2016**

Presented by

**THE REISS-DAVIS GRADUATE CENTER
FOR CHILD DEVELOPMENT
& PSYCHOTHERAPY**

A program of the Reiss-Davis Child Study Center
and Institute

A trusted name in training doctoral, postgraduate
and postdoctoral students for over 60 years

Reiss-Davis is a Division of Vista Del Mar Child
and Family Services

**For more information or an application form please
call: 310-204-1666 Ext. 339 (Lourdes Brown)**



FEBRUARY 26, 2016

9:00am–4:00pm | 6 CE Credits

NOTE:
This is a
Friday
Presentation

SPECIAL PRESENTATION

THE REISS-DAVIS CHILD STUDY CENTER AND INSTITUTE'S 12TH ANNUAL EDNA REISS-SOPHIE GREENBERG CHAIR AND CONFERENCE

Awarded to Bruce Perry, M.D., Ph.D.

*Dr. Perry is an internationally known psychiatrist, clinician, researcher, educator, and consultant who has made a major contribution to our understanding of trauma in young people by integrating the field of child/adolescent mental health and neurosciences to expose how trauma and neglect affect the biology of the brain and, thereby, the health of the child. Through his research, training, consultation, and writings including his 2008 bestselling book, **The Boy Who Was Raised As a Dog**, based on his own work with maltreated children, he has incorporated the latest principles of developmental neuroscience and clinical practice; creating innovative clinical practices and programs to work with maltreated and traumatized children including, most prominently, his Neurosequential Model and its application in working clinically with children, adolescents and their parents, which will be a major focus of this conference. It is for all these contributions, that Dr. Perry is being awarded this year's Edna Reiss-Sophie Greenberg Chair.*

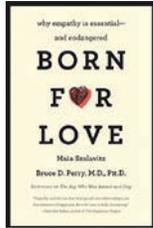
Dr. Perry's presentation is entitled:

Introduction to the Neurosequential Model of Therapeutics

Learning Objectives

- Explain the key principles of neurodevelopment crucial for understanding the role of experience in defining functional and physical organization of the brain
- Describe the emerging clinical/research findings in maltreated children that suggest the negative impact of abuse, neglect and trauma on brain development
- List the clinical implications of a neurodevelopmental approach to child maltreatment
- Discuss the role of public policy and prevention relating to the impact of maltreatment on children's emotional, behavioral, cognitive, social and physical health

In this special six hour conference, Dr. Perry will share his expertise and years of research and clinical experience working with maltreated and traumatized children and their parents, by exploring the foundational elements of his well-respected Neurosequential Model in a presentation that will have relevance for all clinicians who work with children, adolescents, and/or their parents, but be especially valuable for those professionals working with maltreated or traumatized young people and their parents.



Bruce D. Perry, M.D., Ph.D. was an undergraduate at Stanford University and Amherst College. He attended medical and graduate school at Northwestern University, receiving both his M.D. and Ph.D. degrees, there. He completed a residency in general psychiatry at Yale University School of Medicine and a Fellowship in Child and Adolescent Psychiatry at The University of Chicago. He is the Senior Fellow and founder of The Child Trauma Academy, in Houston, and is adjunct Professor in the Department of Psychiatry and Behavioral Sciences at the Feinberg School of Medicine at Northwestern University in Chicago. He is the author (with Maia Szalavitz) of the bestselling book, *The Boy Who Was Raised As A Dog*, based on his work with maltreated children; *Born For Love: Why Empathy is Essential and Endangered*; and his 2013 multimedia book; *BRIEF: Reflections on Childhood, Trauma and Society*. Over the last thirty years, Dr. Perry has been an active teacher, clinician and researcher in children's mental health and the neurosciences, holding a variety of academic positions including: being on the faculty of the Departments of Pharmacology and Psychiatry at the University of Chicago School Of Medicine; Trammell Research Professor of Child Psychiatry at Baylor College of Medicine, Houston; Chief of Psychiatry for Texas Children's Hospital; Vice-Chairman for Research within the Department of Psychiatry; and Medical Director for Provincial Programs in Children's Mental Health for the Alberta Mental Health Board, where he continues to consult with the government of Alberta on children's issues and serves as a founding member of the Premier's Council of Alberta's Promise. His expertise as a clinician and a researcher with traumatized children has led many community and governmental agencies to consult Dr. Perry following high-profile incidents involving traumatized children.

In this exciting presentation with a focus on mental health professionals working with traumatized children, adolescents and their families, Dr. Perry will explain how the development of a young child is profoundly influenced by experience. Experiences shape the organization of the brain which, in turn, influences emotional, social, cognitive and physiological activities. Insights into this process come from understanding brain development. This conference will provide an overview of key principles of neurodevelopment crucial for understanding the role of experience in defining the functional and physical organization of the brain. Additionally, Dr. Perry will provide an overview of the key functions of the brain, outline the hierarchy of brain development, and provide neurodevelopmental links to key functions of the brain and key times of development.

Don't miss the opportunity to personally experience this master clinician, researcher, and teacher to better understand why he is being honored as our 12th Edna Reiss-Sophie Greenberg Chair.

MARCH 12, 2016

9:30am–12:30pm | 3 CE Credits

The Mindful and Reflective Parent: Strengthening Parent-Child Relationships through Parent Work

Presented by a pioneer in the area of infant-family/early childhood mental health and reflective parent education



Diane Reynolds, LMFT, is the Executive Director of The Center for Reflective Communities, a nonprofit dedicated to strengthening bonds between children and those who care for them. As Program Developer/Trainer for Mindful Parenting Groups and the Reflective Care Program at CRC, she has spent the last decade introducing parents and professionals to a mindful and reflective approach to care giving, with particular focus on serving at-risk families in Los Angeles County who would not otherwise have access to these practices — practices that can profoundly change relationships, family life, and ultimately, communities. Ms. Reynolds also maintains a private practice in Santa Monica.

The presentation will introduce the core components of a parent-focused, mentalization-based approach to the prevention of childhood psychopathology and maltreatment, emphasizing mindful observation, flexible responsiveness, and reflection as practices that enhance and transform the quality of parent-child relationships. Through review and interactive discussion of audio/video case material specifically targeting the growth of parental reflective functioning, this approach will be illustrated in action, including strategies for working with parents whose history of trauma challenges parent-child relationship security.

Learning Objectives

- Describe the concept of Parental Reflective Functioning (PRF) and two ways PRF serves as a protective factor in parent-child relationships
- Compare high, medium and low RF, and the relationship of RF to attachment styles and parenting behavior
- List three techniques or strategies that facilitate parental reflective process and promote RF



APRIL 16, 2016

9:30am–12:30pm | 3 CE Credits

Art Therapy: Where Psychotherapy and Creativity Converge

Presented by a noted speaker, educator, and author who has taught art therapy courses in graduate psychology classes, has produced several DVDs on Art Therapy, and stars in the video podcast, “3 Minute Art Therapy”

Pamela M. Hayes, MFT, ATR-BC is a Licensed Marriage and Family Therapist and a Registered and Board Certified Art Therapist, with years of experiences doing art therapy in prisons, psychiatric hospitals and schools. She is the Director of Clinical Services at Sober Living Treatment Center in Los Angeles’s Miracle Mile, and does Art Therapy outreach with chronically ill children, and has a private practice in the Valley.

This presentation will begin by defining art therapy and how it differs from traditional psychotherapy, followed by the role of art-making in both the diagnostic and treatment process. Attendees will not only learn many techniques, but how to integrate art as a treatment tool in their therapeutic armamentaria. Additionally attendees will discover specific indicators to look for in their clients’ art work, as well as how to identify key images through the presentation of several case studies. Finally, those attending will learn what questions to ask that will best evoke insight and understanding of how making art can access unconscious motivations, fears and patterns of behavior.

Learning Objectives

- Discover an alternative method of communicating with clients
- Explore effective Art Therapy techniques and learn how to implement them in session
- Describe from cases presented how creativity can alter neurology to reduce stress, provide solutions, and increase calm and focus

MAY 6, 2016

10:00am–1:00pm | 3 CE Credits

NOTE: This is a Friday presentation starting at 10am



Medicines for the Child's Mind

Presented by a well-respected psychoanalyst with considerable expertise about medicating young people

Shirah Vollmer, MD, is a Board Certified Child and Adult Psychiatrist and Psychoanalyst. She is also Clinical Professor at UCLA and Loyola Marymount Universities. For the past 25 years, she has also been a consultant to an Intensive Outpatient Program and maintains a private practice in Westwood.

Medicating a child's mind is a significant and serious endeavor. In this presentation, Dr. Vollmer will demonstrate how the decision to medicate is made, when non-MD therapists should consider referring a child for a medication evaluation, and what to expect after a child is put on psychotropic medication. She will also explore side-effects as well as benefits of different classes of medications. Additionally, the issue of FDA approval for children's medications will be discussed, along with the issues of family dynamics surrounding medicating a child.

Learning Objectives

- To explain when to refer a child for a psychiatric evaluation
- To list the things a therapist might expect to see when a child starts a psychotropic medication
- To describe major times when the therapist should alert the psychiatrist about issues that arise from being on psychotropic medication

REGISTRATION

To register for as many of the conferences as you would like to attend and/or for this year's Annual Reiss-Greenberg Chair honoring Bruce Perry, M.D., Ph.D., please use one of these three methods:

- **Log on to:**
www.vistadelmar.org/professional-training/continuing-education/
- **Mail registration form and payment to:**
Reiss-Davis/Saturdays at the Center
Attn: Lourdes Brown
3200 Motor Avenue
Los Angeles, CA 90034
- **Contact Conference Coordinator:**
Call Lourdes Brown at (310) 204-1666, ext. 339
or email her at LourdesBrown@VistadelMar.org

- **For more information, visit our website:**
www.vistadelmar.org/professional-training/continuing-education/
- **Event Location:**
Vista Del Mar Child and Family Services
3200 Motor Avenue
Los Angeles, CA 90034

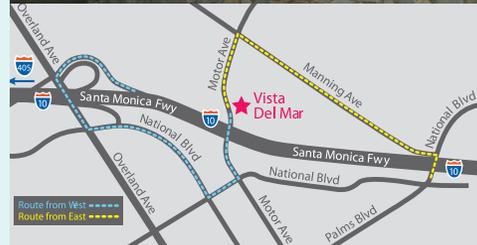
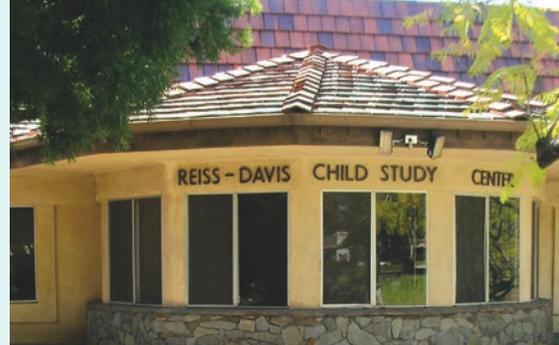
CONTINUING EDUCATION

CE Credits are available for Psychologists, LCSWs and LMFTs

CPA Accredited: Vista del Mar Child and Family Services is approved (VIS-002) by the California Psychological Association (CPA) to provide continuing professional education for psychologists. The California Board of Behavioral Sciences (BBS) now recognizes CPA continuing education credit for license renewal for LCSWs and MFTs. Vista del Mar Child and Family Services maintains responsibility for this program and its contents.

Target audience: Licensed mental health professionals • **Post-licensure instructional level of activity:** Intermediate/Advanced

(Important notice to participants: Participants who attend a scheduled event in full and complete the appropriate evaluation form will receive CE credits. Please note that credit will only be granted to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credit.



COMING FROM THE SOUTH, NORTH, OR WEST:
Take the San Diego 405 freeway to the 10 East (Santa Monica) Freeway. Exit at the first off ramp (Overland/National). Turn left onto National and left again where the street makes a left turn. Continue straight one block to Motor and turn left. Go approximately 100 yards to the Vista Del Mar entrance on the right (east) side of Motor.

COMING BY FREEWAY FROM THE EAST:
Take the Santa Monica 10 Freeway West to the National Boulevard off ramp. Proceed straight ahead up Manning Avenue. Turn left on Motor Avenue and go approx. one-half block to the Vista Del Mar entrance on the east (left) side of Motor.

(IMPORTANT FOR FRIDAY EVENTS: Between 7:00am and 10:00am on weekdays, no left or right turns are allowed from National Blvd. onto Motor Ave.)

REGISTRATION FORM

FOR SATURDAYS AT THE CENTER

If registering for both Saturdays at the Center events and the Reiss-Greenberg Conference, please complete form on next page.

Participant Name	Degree	Profession	
License(s) Credentials	Organization/Affiliation		
Mailing Address	City	State	Zip
E-mail (Please include in order to receive registration confirmation)	Daytime Phone		

REGISTRATION FEES

\$ 55 – Per Saturday at the Center Session

\$ 300 – Full Series Does not include the Reiss-Greenberg Chair (Savings of \$30). Includes refreshments and 3 CE Credits

DISCOUNTS

- **Full Series:** \$300 for the full series (Savings of \$30). Does not include the Reiss-Greenberg Chair event.
- **Alumni:** We offer alumni discounts. Please contact our office directly for payment and registration.
- We apologize we are not able to offer scholarships or student discounts at this time.

PLEASE REGISTER ME FOR THE FOLLOWING SESSIONS:

Saturday Sessions – 9:30am-12:30pm: 11/7/15 1/23/16 3/12/16 4/16/16

Friday Sessions – 10:00am-1:00pm: 12/11/15 5/6/16

METHOD OF PAYMENT

Check Enclosed (make payable to **Vista Del Mar**) Visa MasterCard American Express

Credit Card Number	Expiration Date	Total Charges	
Authorized Signature			
Billing Address (if different from above)	City	State	Zip

MAIL COMPLETED FORM WITH PAYMENT TO:

Reiss-Davis/Saturdays at the Center, Attn: Lourdes Brown, 3200 Motor Avenue, Los Angeles, CA 90034

Cancellations & Refunds: Cancellations received at least ten working days before the workshop are refundable less a \$20 administrative fee per registrant. No refunds will be made thereafter. Please note that if you register and do not attend, you are still liable for full payment. A colleague may be substituted for no extra charge as long as written notification is received by us at least five business days before the conference. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible.

REGISTRATION FORM

FOR REISS-GREENBERG CHAIR

Limited Seating for This Event – Register by December 31, 2015 for a \$15 discount!

Participant Name	Degree	Profession	
License(s) Credentials	Organization/Affiliation		
Mailing Address	City	State	Zip
E-mail (Please include in order to receive registration confirmation)		Daytime Phone	

REGISTRATION FEE

\$ 120 – Reiss-Greenberg Chair with

Bruce Perry, M.D., PhD. Friday, 2/26/16
9:00am-4:00pm; Includes continental
breakfast, boxed lunch, and 6 CE Credits.

DISCOUNTS

- **Early Registration:** Receive a \$15 discount by registering on or before December 31, 2015.
- **Group Discount:** We offer group discounts for organizations bringing in groups of 6 or more people. Please contact our office by Friday, February 5, 2016 to receive a \$5 discount for each person. Offer cannot be combined with early registration discount.
- **Alumni:** We offer Reiss-Davis Fellowship and Graduate Center alumni discounts. Please contact our office directly for payment and registration.
- We apologize we are not able to offer scholarships or student discounts at this time.

LUNCH OPTIONS

Substitutions are not available either before or day of event. For those observing Lent, please note this event falls on a Friday.

Select one: Turkey Sandwich Tuna Sandwich Vegetarian Sandwich Gluten-Free Chicken Salad

METHOD OF PAYMENT

If registering for a Saturdays at the Center events as well, please indicate date(s) here: _____

Check Enclosed (make payable to **Vista Del Mar**) Visa MasterCard American Express

Credit Card Number	Expiration Date	Total Charges	
Authorized Signature			
Billing Address (if different from above)	City	State	Zip

MAIL COMPLETED FORM WITH PAYMENT TO:

Reiss-Davis/Saturdays at the Center, Attn: Lourdes Brown, 3200 Motor Avenue, Los Angeles, CA 90034

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Includes our 12th Annual
Edna Reiss-Sophie Greenberg Chair
& Conference, this year honoring:

DR. BRUCE PERRY
FRIDAY, FEBRUARY 26, 2016

Monthly Continuing Education Programs
for Mental Health Professionals



VISTA DEL MAR

REISS-DAVIS INSTITUTE

3200 Motor Avenue
Los Angeles, CA 90034