COMPLEX TRAUMA
TRAINING INSTITUTE

The Complex Trauma Training Institute presents:

Complex Trauma Summer Training Institute

Hyannis, MA
July 21-25, 2025

Join us for our inaugural Summer Institute featuring leading treatment model developers, clinical researchers, scholars and innovators in the field of complex traumatic stress. Our Institute affords a unique balance of immersion in workshops designed to elevate your practice with extensive opportunities for networking with peers and interaction with conference faculty in an elegant setting. This exclusively in-person event will be limited to 100 participants to invite a more personalized learning experience and prioritize health and safety for everyone who attends. This Institute offers the most CE's for the best value on Cape Cod. Our central location was selected and our schedule artfully designed to provide intensive experiential learning and enable participants to take advantage of nearby cultural opportunities, regional cuisine and scenic excursions.

Choose among three tracks:

Adult Track (20 CE)

The Complexity of Adaptation to Trauma
The Neurobiology of Complex Trauma
The Transformative Power of Action: Theater and Play in Recovery from Trauma (optional)
2-Day Treatment of Complex Trauma in Adults: Component-Based Psychotherapy

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Adult Track *Expanded* (24 CE)

The Complexity of Adaptation to Trauma
The Neurobiology of Complex Trauma
The Transformative Power of Action: Theater and Play in Recovery from Trauma (optional)
2-Day Treatment of Complex Trauma in Adults: Component-Based Psychotherapy

PLUS

Expressive Arts in Complex Trauma Intervention

Child/Family Track (20 CE)

The Complexity of Adaptation to Trauma
The Neurobiology of Complex Trauma
The Transformative Power of Action: Theater and Play in Recovery from Trauma (optional)
Parenting in the Wake of Intergenerational Trauma
Early Childhood Intervention
Assessment of Complex Trauma
Complex trauma and LGBTQ+ youth
Expressive Arts in Complex Trauma Intervention

PLUS

Special Events (included in your registration):

Wine and Cheese Reception with Summer Institute Faculty
Monday, July 21st at 5:45pm-7:00pm

Ice Cream Social
Tuesday, July 22nd at 8:30pm-10:00pm

Registration Fees:

Adult Track or Child/Family Track (20 CE)

Early Bird Rate (Register by May 1st): $750

Standard Registration: $895

Adult Track *Expanded* (24 CE)

Early Bird Rate (Register by May 1st): $850

Standard Registration: $995

Please note that there will be a flat rate $35 fee for individuals requesting Continuing Education (CE) credits

Register Here

The Complexity of Adaptation to Trauma (5.0 CE hours)

This highly innovative workshop will lay the foundation for the 2025 Complex Trauma Summer Training Institute through its depth exploration of the impact on early maltreatment, neglect and impaired caregiving on the development of attachment, regulatory and neurobiological systems in childhood and adolescence, and the ensuing cascade of medical, psychiatric, attentional and functional challenges and accommodations that manifest across the lifespan. Utilizing an acclaimed and unique training approach involving participant active engagement in and choice around the selection and ordering of multiple potential entry points and pathways into this material, Dr. Joseph Spinazzola, will guide participants in the assembly of a rich mosaic of knowledge and perspectives on the complexity of trauma adaptation comprised of incandescent "tesserae" cut not from glass or stone but rather from cutting edge neuroscience, applied clinical research, service systems analyses and luminous clinical case material.

Presented by Dr. Joseph Spinazzola, Ph.D.
Monday, July 21st at 12:30pm-5:45pm

The Impact of Complex Trauma on the Brain and Body: Developmental Unfolding of Effects (4.0 CE hours)

Early childhood experiences of trauma and maltreatment have a profound impact on child development, including neurological and biological systems. In this workshop, acclaimed clinical researcher, practitioner and trauma scholar Dr. Wendy D'Andrea will engage participants in a detailed examination of current research illuminating the effects of complex trauma on the brain and body across two "critical periods" of nervous system development: early childhood and adolescence. Dr. D'Andrea will integrate research findings from the fields of neuroscience and cognitive, affective, and social psychology with vivid case examples. She will discuss the effects of complex trauma exposure on the cultivation of safe and healthy attachment relationships and internal systems and on development of self-regulatory and executive functioning capacities. Finally, she will bridge the neurobiological literature and real-life clinical practice, making linkages between neurobiological substrate and phenomenological expression encountered in prototypical complex trauma clinical presentations, and will orient participants on how to view intervention through a neurobiological frame.

Presented by Wendy D'Andrea, Ph.D.
Tuesday, July 22nd at 8:30am-12:45pm

The Transformative Power of Action: The Role of Theater and Play in Recovery from Trauma (Optional - No CE hours)

This fully experiential workshop will immerse participants in an evening of playful movement, community building and embodied action. Through live demonstration of cooperative play activities and improvisational theater exercises drawn from the acclaimed Trauma Drama intervention model, Dr. Spinazzola will engage participants in the practice of action-oriented, mind-body, gross-motor, expressive arts and team building techniques carefully selected to cultivate developmental competencies derailed by exposure to chronic, complex trauma and life adversity. Participants will reflect on the application of demonstrated techniques as powerful, non-traditional means of enhancing many of the core competencies undermined by

complex trauma: attunement and interpersonal connection, self-regulation, identity development, executive functioning and the somatic experience of safety. Modifications of exercises to optimize use across psychotherapy modalities, populations, and intervention settings will be briefly described. Participants should wear comfortable, athletic clothing and non-heeled footwear that promote flexible and safe movement.

Presented by Joseph Spinazzola, Ph.D.
Tuesday, July 22nd at 7:00pm-8:30pm

Treatment of Complex Trauma in Adults: Component-Based Psychotherapy (11.0 CE hours)

This comprehensive 2-day training will intensively explore the four primary components of the CBP model: building relationships, enhancing regulatory capacity, working with dissociative parts, and developing client and clinician trauma and life narratives, identities and meaning-making. It highlights key targets of each component and provides detailed examples of specific strategies and techniques used to advance the clinical objectives of each model component. It emphasizes clinicians' awareness and use of self and of relational enactments as vital points of therapeutic engagement, as well as the pivotal role of supervision in the treatment process. It provides numerous brief clinical case excerpts that illustrate conduct and integration of CBP components. It offers and reviews a number of tools (e.g. clinical decision-matrices) that have been developed to aid CB implementation. This workshop will include live demonstration and practice of strategies and techniques to advance each of the four model components. Participants will also engage in case conceptualization and treatment planning of one of the central clinical vignettes interwoven through the CBP book as a primary teaching aid. Finally, this workshop will address cultural and contextual considerations that frequently emerge in adult trauma treatment.

Presented by Joseph Spinazzola, Ph.D., & Jana Pressley, Psy.D.
Wednesday, July 23rd at 8:30am-12:15pm AND 2:00-6:15pm
Thursday, July 24th at 8:30am-12:15pm

Parenting in the Wake of Intergenerational Trauma (1.5 CE hours)

This module focuses on supporting parents with unresolved complex trauma from their own experiences of familial, intergenerational, systemic or ancestral trauma. Training addresses why past personal trauma and intergenerational trauma matter in parenting; we repeat that which is familiar. Trainer will speak to potential caregiving challenges for individuals who have had their own past trauma, and provides strategies for self-care and enhancing the parent-child connection.

Presented by Jana Pressley, Psy.D.
Wednesday, July 23rd at 8:30am-10:00am

Complex Trauma-Informed Care for Young Children (0-5) (2.0 CE hours)

This module addresses what complex trauma looks like in young children and how trauma can change the course of early childhood development. The training also covers treatment targets for young children and caregivers, and intervention strategies.

Presented by Kaitlyn Wilson, LICSW
Wednesday, July 23rd at 10:30am-12:30pm

Assessment of Complex Trauma/Developmental Trauma Disorder (2.0 CE hours)

This module focuses on trauma-informed screening and assessment through a complex

trauma lens, providing a comprehensive framework and tools to ultimately support treatment and service planning. The trainer will discuss the risks of misdiagnosis with traumatic stress reactions. Module will overview techniques used in assessment, as well as the role of psychoeducation, family engagement and collaboration, creation of safety in the assessment processing, and tailoring the assessment process to the client's sociocultural context.

Presented by Jana Pressley, Psy.D
Thursday, July 24th at 8:30am-10:30am

Complex Trauma-Informed Affirmative Care for LGBTQ+ Youth (1.5 CE hours)

This module covers contributing factors that may negatively and positively impact the overall health and well-being of LGBTQ youth, including sociological-intersectionality-focused considerations to form a more nuanced understanding of the unique needs that LGBTQ+ youth have. The session includes practice-based recommendations regarding approaches that may be helpful when providing care to LGBTQ+ youth.

Presented by Kaitlyn Wilson, LICSW
Thursday, July 24th at 11:00am-12:30pm

Expressive Arts in Complex Trauma Intervention (4.0 CE hours)

This workshop will provide an overview of expressive therapies and highlight the rationale for their use from a trauma-informed lens, discuss their potential for engaging clients in a less threatening way, and discuss ways that expressive arts assist overall clinical goals in trauma treatment. Participants will have opportunities for experiential practice as well as robust clinical discussions about specific cases and how expressive arts were beneficial. The workshop will discuss basic principles of expressive therapies and provide guidelines for providing clinical interactions in a safe and ethical manner. Finally, participants will learn where they can obtain additional training in expressive therapies that will support and enhance their work.

Presented by Eliana Gil, Ph.D., RPT-S, ATR
Friday, July 25th at 8:30am-12:45pm

Credentialing Information

*Social Workers
*Mental Health Counselors
*Marriage and Family Therapists
*CASAC Renewal Pending
*Creative Arts Therapists

For additional information or specific requests, please contact:

info@complextraumainstitute.com
617-702-6292

Our team is here to help.

Meet the Faculty

Wendy D'Andrea, Ph.D
Dr. Wendy D'Andrea is a tenured associate professor and former director of the clinical psychology doctoral program at the New School, in New York City. I began my faculty position after completing my doctorate at the University of Michigan and my postdoctoral fellowship with Bessel van der Kolk. I've been teaching in the field of trauma and neurobiology for 15 years, and work to make my teaching a balance of precise, meaningful, and clear. My research engagement and regular teaching and

training offerings facilitate my commitment to accessible teaching. My research focuses on chronic trauma, such as sustained physical, emotional, or sexual abuse. My lab investigates how functional capacities such as emotion, relationship, and cognition, are impacted by prolonged trauma exposure and re-shaped through therapeutic interventions.

Eliana Gil, Ph.D
Dr. Eliana Gil is a Founding Partner of Gil Institute for Trauma Recovery & Education, LLC, a group private practice in Fairfax, Va, where she currently works as a Senior Clinical and Research Consultant. She is an Approved MFT Supervisor as well as a Registered Play Therapist/Supervisor and a Registered Art Therapist. She is also a Circle of Security Certified Parent Educator, a Level II Theraplay provider, and participated and completed a two-year Individual Certification process with Dr. Bruce Perry. Dr. Gil provides specialized trainings on an array of topics involving trauma, attachment, and treatment options, with an integration of expressive therapies (art, sand, play). Eliana has directed two child sexual abuse treatment programs in Northern Virginia and continues her work in the field of child abuse prevention and treatment. She is a Licensed Marriage and Family Therapist who received her doctorate in family therapy from the California Graduate School of Family Psychology in San Rafael, California. She has served on the Board of Directors of the American Professional Society on the Abused of Children and the National Resource Center on Child Sexual Abuse. She is also a former President of the Association for Play Therapy and received APT's Lifetime Achievement Award in 2011.

Jana Pressley, Psy.D
Dr. Jana Pressley, Psy.D, is a licensed clinical psychologist, trainer, and consultant. She serves as Director of Clinical Services at the Complex Trauma Treatment Center-Boston, Co-Director of the Complex Trauma Treatment Affiliates, Founding Faculty at the Complex Trauma Training Institute, and Senior Training Associate of the Foundation Trust. She specializes in the treatment of youth, adults, and couples/families impacted by developmental trauma, as well as providing consultation supporting systems-level implementation of trauma-informed care in community settings and state-wide organizations. Dr. Pressley is also an Adjunct Associate Professor at Richmont Graduate University, where she designed and directed a trauma-based specialization certificate program. She teaches trauma-related courses at the graduate level, and implemented trauma treatment specialization courses and qualitative trauma-focused research labs for multiple graduate programs. Dr. Pressley's research focuses on the experience of court-involved young adults who have suffered relational trauma in the midst of chronic poverty and community violence, as well as the impact of complex trauma history on adult spirituality and meaning-making. She has authored multiple articles and book chapters on these topics. Dr. Pressley is also a content developer for **www.complextrauma.org**, a comprehensive information and resource website for trauma-impacted consumers, families and providers. She is a national trainer and consultant in the Attachment, Regulation, and Competency (ARC) and Component-Based Psychotherapy (CBP) complex trauma intervention models.

Joseph Spinazzola, Ph.D
Dr. Joseph Spinazzola, Ph.D., is a licensed clinical psychologist, researcher and trainer. He is Managing Director of the Complex Trauma Training Institute, Senior Psychologist at the Complex Trauma Treatment Center, and Co-Director of the Complex Trauma Treatment Affiliates program. Dr. Spinazzola is Executive Director of the Foundation Trust, an Adjunct Professor at Richmont Graduate University, Co-

Principal Investigator of the Developmental Trauma Disorder Field Trials, and a member of the Forensic Panel. Dr. Spinazzola has published over 75 scientific and clinical peer-reviewed journal articles and book chapters and is on the editorial boards of the *Journal of Trauma & Dissociation* and the *Journal of Child & Adolescent Trauma*. Dr. Spinazzola founded the Complex Trauma Treatment Network of the National Child Traumatic Stress Network and was a member of the Complex Trauma Taskforce of the International Society for Traumatic Stress Studies. He has overseen multiple statewide trauma-informed care initiatives and directed complex trauma conferences and training institutes in the United States, Canada and Hong Kong. He has co-authored trauma treatment guidelines and evidence-based intervention manuals and overseen all facets of randomized controlled trials of psychotherapeutic, psychopharmaceutical and mind-body interventions for PTSD and related disorders. Dr. Spinazzola is a national trainer and consultant in the Attachment, Regulation, and Competency (ARC) model; lead developer of Trauma Drama, an improvisational theater-based youth violence prevention and tertiary intervention model; and co-developer and lead trainer of Component-Based Psychotherapy (CBP), a relationally-based, traumatic stress and dissociation treatment model for adults with histories of complex childhood trauma. He is the creator of **www.complextrauma.org**, a comprehensive information and resource website for trauma-impacted consumers, families and providers.

Kait Wilson, LICSW
As a person of diverse upbringing who has done extensive frontline work as a practicing clinician, supervisor, professional trainer, Ms. Kaitlyn Marie Wilson utilizes both lived and professional experience to enhance treatment effectiveness in community-based, wraparound, and residential settings for youth, adults, and families. Formerly Director of Children, Youth, and Families at Eliot Community Human Services, Kait is the owner and founder of Reframed Counseling in Central Massachusetts and Social Work Supervisor at Complex Trauma Treatment Center Boston. Within her professional roles Ms. Wilson' passion for and ability to translate material in a relatable and usable way for diverse populations, treatment settings, and staff roles was quickly recognized. Kait began co-creating and co-leading initiatives to implement trauma informed frameworks across several treatment programs and organizations. Ms. Wilson has dedicated her career to promoting access to and effective use of education and treatment for diverse populations impacted by complex trauma and the treatment providers caring for them on both an individual and programmatic level. In doing so, Ms. Wilson has created and led foundational and advanced training on complex trauma and related topics for clinical and nonclinical staff, provided consultations to support effective implementation of trauma informed treatment, created activities, tools and interventions related to each organizations' strengths and needs, supervised individual staff members and teams in the implementation of evidence based and evidence informed treatment models.

Conference Hotel

We're excited to share that we've partnered with DoubleTree by Hilton Cape Cod - Hyannis to offer a special discounted rate for attendees of the Complex Trauma Summer Training Institute.

DoubleTree by Hilton Cape Cod - Hyannis

287 Iyannough Road

Hyannis, MA 02601

capecod.doubletree.com

Discount Code: 90L

For reservations, please visit www.capecod.doubletree.com and enter the discount code 90L under 'Special Rates and Group Code' after selecting the dates of your stay. The cutoff date for reservations is June 21, 2025.

Continuing Education

For questions, please contact Amy Estes at ContinuingEd@Richmont.edu.
There is no known commercial support for this program.

Richmont Graduate University has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4534. Programs that do not qualify for NBCC credit are clearly identified. Richmont Graduate University is solely responsible for all aspects of the programs. This program is Approved by the National Association of Social Workers (Approval # 886950879-3812) for 24 continuing education contact hours.

If you have any questions, please contact the Continuing Education Department at 202-336-8295 or visit us on the Web at www.socialworkers.org/Careers/CE-Approval-Program. You can also email questions to CEU@socialworkers.org.

Complex Trauma Training Institute
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