COMPLEX TRAUMA
TRAINING INSTITUTE

The Complex Trauma Training Institute presents:

Complex Trauma Summer Training Institute

Hyannis, MA
July 20th-23rd, 2026

Join us for our second annual 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 CEs 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.

Join us for the following workshops:

(Descriptions are below the registration button)

The Complexity of Adaptation to Trauma

Complex Trauma-Informed, Spiritually Aware: Considering Spirituality in Client Care

Cultivating Cultural Attunement: The Power of Therapist Self-Awareness and Identity Conscious Practice

The Transformative Power of Action: Theater and Play in Recovery from Trauma *(optional)*

Embodied Trauma Treatment: The Sensory Motor Arousal Regulation Treatment (SMART) Model Across the Age Span

Clinical Decision-Making in Treatment of Complex Developmental Trauma with Children, Adolescents, Families and Young Adults

PLUS

Special Events

Wine and Cheese Reception with Summer Institute Faculty
Monday, July 20th at 5:30pm-7:00pm

AND

Ice Cream Social
Tuesday, July 21st at 8:30pm-10:00pm

Registration Fee: $850

Please note: There is a flat rate $45 fee for individuals requesting Continuing Education (CE) credits

Register Here

Workshop Descriptions

The Complexity of Adaptation to Trauma
(5.0 CE hours)

This highly innovative workshop will lay the foundation for the 2026 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 20th at 12:00pm-5:30pm

Complex Trauma-Informed, Spiritually Aware: Considering Spirituality in Client Care
(2.25 CE hours)

This workshop will explore the ways in which one's spiritual identity and experience can be deeply impacted by complex trauma. With the understanding that spirituality resonates differently from one person to the next, this session will guide therapists in exploring: 1) spirituality as painfully interwoven with trauma exposure and impact, 2) spirituality as a resource for coping and meaning making, and 3) spirituality as a source of significant ambivalence for those who hold both difficult existential questions and ongoing commitment to spiritual practice. Workshop themes will include the tension between individuals' conflicted experiences of spiritual abandonment and connection, loss and renewal, disillusionment and hope. Clinical intervention incorporating spirituality

themes will be discussed, with reflection on therapist spirituality in client-therapist parallel processes.

Presented by Dr. Jana Pressley, Psy.D.
Tuesday, July 21st at 8:15am-10:30am

Cultivating Cultural Attunement: The Power of Therapist Self-Awareness and Identity Conscious Practice

(2.25 CE hours)

In this workshop, participants will be guided to move beyond their comfort zone, past humility and competency, to unpack how attuned presence, the experience of seeing and being seen, is shaped and distorted by identity and cultural development. Together, we will explore how each person's development and self-understanding informs the way we act upon, interact with, and perceive the world around us. Throughout the session, attendees will build skills for cultivating practices that create space for deeper self-recognition and support others in doing the same. The workshop will guide therapists as well as social service providers, educators, caregivers and loved ones in bridging self-awareness with renewed attunement, fostering bidirectional engagement that notices differences, understands each person's relationship with identity, culture and power, and utilizes this reflective, relational awareness as the foundation for growth and resiliency in psychotherapy and associated helping interactions.

Presented by Kaitlyn Wilson, LICSW, PMH-C
Tuesday, July 21st at 10:45am-1:00pm

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 Dr. Joseph Spinazzola, Ph.D.
Tuesday, July 21st at 7:00pm-8:30pm

Embodied Trauma Treatment: The Sensory Motor Arousal Regulation Treatment (SMART) Model Across the Age Span

(6.0 CE hours total)

This workshop will introduce participants to the Sensory Motor Arousal Regulation Treatment (SMART) model for complex trauma. First developed for children and youth, principles of sensory integration informed the use of a room with open space and equipment such as physio balls, balance equipment, weighted blankets, crash mat, trampoline, and suspension.

The movement-based sensory inputs -- vestibular, proprioception, and tactile -- facilitate somatic regulation at a fully embodied level for children and adults alike. Anchored by regulation at a bodily level, opportunities for trauma processing as well as greater ease in relationship to another person are available. Notably, when therapists learn to follow the person's lead and attune in an embodied fashion, the therapeutic processing of traumatic experience organically emerges from the regulation work.

The workshop will address SMART with children and youth, including didactic material, clinical video, and experiential opportunity. In addition, experiential opportunity for utilization of SMART with adults will be offered with discussion of the differences and similarities with youth-based SMART therapy. For both developmental groups, the role of play will be discussed.

Presented by Dr. Elizabeth Warner, Ed.M., Psy.D., Anne Westcott, LICSW, and Dr. Alexandra Cook, Ph.D.
Wednesday, July 22nd at 8:00am-10:30am (Theoretical Foundations)
Wednesday, July 22nd at 10:45am-1:00pm (Skills and Techniques)

AND
Select one of the following options (first come first served):

Wednesday, July 22nd at 2:30pm-3:45pm (Experiential Applied Practice)

OR

Wednesday, July 22nd at 4:00pm-5:15pm (Experiential Applied Practice)

Clinical Decision-Making in Treatment of Complex Developmental Trauma with Children, Adolescents, Families and Young Adults

(4.5 CE hours)

This workshop will provide therapists in practice and in training with guidance on recognizing and handling the complex challenges that occur in treating adults and youth who have complex trauma histories, with a particular focus on crises of extreme affect (and behavioral) dysregulation and dissociation. Using films of actual therapy sessions with simulated clients and therapists of a variety of backgrounds and approaches, key principles and decision-making strategies will be derived and discussed. Application to attendees' clinical cases will be encouraged in this interactive session.

Presented by Dr. Julian D. Ford, Ph.D., A.B.P.P.
Thursday, July 23rd at 8:00am-1:00pm

Credentialing Information

*Psychologists
*Social Workers
*Mental Health Counselors
*Marriage and Family Therapists
*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

Alexandra Cook, Ph.D.

Dr. Alexandra Cook, Ph.D., is a clinical psychologist who has dedicated her professional life to working with traumatized children, adolescents, and adults. During her graduate school years, she worked on qualitative and quantitative research on the consequences of child maltreatment and the mediating protective factors involved in resiliency. Dr. Cook served as the Director of Children's Services at the Trauma Center in Brookline, MA, and subsequently as the Center's Associate Director, spending over 20 years at this center of excellence in trauma treatment, training and research. In addition to co-developing the SMART model, Dr. Cook is the lead author of the formative White Paper on Complex Trauma in Children and Adolescents generated by the National Child Traumatic Stress Network, and co-author of With the Phoenix Rising: Lessons from Ten Resilient Women Who Overcame the Trauma of Childhood Sexual Abuse.

Julian D. Ford, Ph.D., A.B.P.P.

Dr. Julian D. Ford, Ph.D., A.B.P.P., is a clinical psychologist and Professor and Chair of the Institutional Review Board at the University of Connecticut School of Medicine. He is the Principal Investigator of the Center for Trauma Recovery and Juvenile Justice and the Center for the Treatment of Developmental Trauma Disorders in the National Child Traumatic Stress Network. Dr. Ford also serves as the Editor of the *Journal of Trauma and Dissociation* and as Associate Editor for the *Journal of Racial and Ethnic Health Disparities*. He was the President of the International Society for Traumatic Stress Studies (2018-2019), and is a Fellow of the American Psychological Association. In 2020, he received the Distinguished Scholar Award from the Academy of Violence and Abuse. Dr. Ford has published more than 300 journal articles and book chapters and is author or editor of 10 books, including *Treating Complex Trauma, Treating Complex Traumatic Stress Disorders in Adults, Treating Complex Traumatic Stress Disorders in Children and Adolescents, and Posttraumatic Stress Disorder: Scientific and Professional Dimensions.* Dr. Ford was Co-Principal Investigator of the Developmental Trauma Disorder Field trial study, and developed randomized effectiveness studies of a trauma-focused present-centered therapeutic model for youths, adults, and families with developmental trauma histories and complex PTSD, Trauma Affect Regulation: Guide for Education and Therapy (TARGET©).

Jana Pressley, Psy.D.

Dr. Jana Pressley, Psy.D., is a 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 and provides consultation supporting systems-level implementation of trauma-informed care in community settings and state-wide organizations. Dr. Pressley is 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 implements 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 a content developer for **www.complextrauma.org**, a 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) intervention models.

Joseph Spinazzola, Ph.D.

Dr. Joseph Spinazzola, Ph.D., is a 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 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 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 created **www.complextrauma.org**, a resource website for trauma-impacted consumers, families and providers.

Elizabeth Warner, Psy.D.

Dr. Elizabeth Warner, Psy.D., is a clinical psychologist with 40 years of experience working with children and families in psychiatric inpatient and outpatient settings, schools, mental health clinics and residential treatment. Early in her career, she spent 15 years working with severely disordered children including those with complex traumatic stress, autism and other developmental issues, utilizing innovative treatment methodologies for process study at the acclaimed Language & Cognitive Development Center in Newton, MA. Over the past 15 years, her focus has been on development of innovative lifespan treatment for toddlers through emerging adults whose lives have been impacted by chronic stress and complex trauma, and their caregivers. As co-developer of the Sensory Motor Arousal Regulation Treatment (SMART) model, Liz oversaw training and consultation in SMART for outpatient, in-home, therapeutic day school, and residential treatment settings in the U.S., Canada, Hong Kong and Finland. She lead development of SMART applications for in-home therapy as well as for use with youth and adults with developmental disorders, and constructed session videotape coding systems for studying regulatory processes in treatment.

Anne Westcott, LICSW

Anne Westcott, LICSW has worked with children and families impacted by trauma and chronic stress since she began her career in community support work in 1985. Obtaining her Master's Degree at Columbia University School of Social Work, Anne developed school-based mental health programs in Boston and worked on an interdisciplinary outreach team servicing the some of the most vulnerable children in Massachusetts. She has trained and supervised clinicians for over 20 years in outpatient, home-based, and residential settings. Anne is a co-developer of the SMART model, a Sensorimotor Psychotherapy™ national trainer, and co-author of the Hidden Strengths Children's Series.

Kaitlyn 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.

What 2025 Participants Are Saying

"The Summer Institute provided so many opportunities for growth, collaboration, and love for the service of helping people move out of the abyss and reach their potential."

"CBP [Component-Based Psychotherapy for Complex Trauma] transcends professional utility and mirrors the contours of my own journey in ways I hadn't anticipated."

"The conference far surpassed my expectations. I look forward to 2026."

"The balance of foundational concepts and nuanced insight made the conference relevant for both newer and seasoned clinicians."

"The teaching methods—combining case examples, visuals, and interactive/experiential components—kept the audience engaged and inspired."

"I left with new ways to explain difficult concepts to clients and fresh practical approaches, which will deepen therapeutic work."

"This Institute deepened my understanding of chronic trauma adaptations and inspired me to be more intentional with therapeutic tools. I left with fresh insights I can apply immediately in practice."

“Through vivid narratives, case examples, integration of neuro-bio-psycho-social-physio research, and peer consultation practices, Dr. Spinazzola demonstrated how simplified frameworks—when paired with reflective use of self—can become sophisticated tools for enhancing therapeutic effectiveness.”

“Cape Cod in summer is a beautiful setting for this kind of immersive learning. My colleague and I stayed nearby in a seaside town and had time in the afternoons to explore beaches and local restaurants.”

“The combination of serious, research-based content with moments of lightness and playfulness made the learning experience memorable and sustaining. It was a relaxed and fulfilling repast for the mind and heart.”

“I particularly appreciated the thoughtful self-disclosure around transference and countertransference, something most presenters avoid, but which is so critical to modeling good relational work. It normalized what we, as clinicians, feel with clients and demonstrated how to turn that awareness into a therapeutic asset.

“The balance of foundational material for newer clinicians and depth for experienced practitioners was just right.”

“The conference was rich, thought-provoking, and skillfully paced. The presenters had a masterful ability to translate complex theory and research into accessible, clinically useful tools. I especially valued the clear integration of science, historical context, and practical application.”

“Interactive, engaging, and profoundly inspiring.”

“I walked away with practical strategies I can use with clients tomorrow.”

“The combination of serious, research-based content with moments of lightness and creativity—such as interactive art therapy and drama exercises—kept the learning process both stimulating and accessible.”

“The conference’s format and size encouraged meaningful interaction between presenters and participants. Attendees could connect during sessions and in informal discussions afterward, fostering a sense of collegiality.”

“The Cape Cod summer setting added to the experience, with time built into the schedule to enjoy local beaches, restaurants, and nearby towns. This rhythm allowed participants to reflect, recharge, and return each day ready to engage fully with the material.”

“The Summer Institute provided a rich and well-paced educational experience that balanced depth with accessibility, theory with practice, and professional rigor with opportunities for connection.”

“I found the 2025 Complex Trauma Summer Training Institute to be extremely beneficial. The case examples have stimulated thoughts on how I can apply effective methods of treatment to my own clients. The expressive arts immersive experiences have encouraged me to look for ways to invite more creativity into my client sessions. It was so exciting and encouraging to meet with other clinicians from across the United Stated and around the world - all with the same goal of promoting healing for people with complex trauma."

Accommodations

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

Direct Booking Link

Discount Code: 91Z

For reservations, please visit the **direct booking link**. The dates will auto-populate to July 19-25, but you can adjust the dates of your stay by clicking *"Edit Stay"* at the top of the webpage.

Please note that the discount will apply exclusively to standard double rooms during the conference dates. If any other room types or dates are selected, the code may not be recognized. The cutoff date for reservations is ***June 18, 2026***.

Continuing Education

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

Richmont Graduate University is approved by the American Psychological Association to sponsor continuing education for psychologists. Richmont Graduate University is

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 American Psychological Association and the National Association of Social Workers (Approval # 886950879-3812). Adelphi University School of Social Work is recognized by the New York State Education Department as an approved provider of continuing education for licensed social workers in New York State #SW-0032 and licensed mental health counselors in New York State #MHC-0068. Participants completing this program will receive up to 20.0 continuing education contact hours.

Richmont Graduate University maintains responsibility for this program and its content. 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 Institute
Phone (617) 702-6292
info@complextraumainstitute.com

Complex Trauma Institute | 630 Main St. 2nd Floor | Melrose, MA 02176 US

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!