

Risking Connection®



**The Traumatic Stress Institute (TSI) of Klingberg  
Family Centers**

and the

**Sidran Institute**

present

***Risking Connection*® -- Working With  
Survivors of Childhood Abuse: 3-Day Basic  
Training**

**TSI of Klingberg's Training Facility –  
157 Charter Oak Rd., Hartford, CT  
9-4:30**

**All trainings are staffed by a RC Faculty Trainers.**

**Risking Connection® is a registered trademark of the Sidran Institute.**

## Training Description

When a child depends on an adult for nurturance, safety, and love, he or she should not be taking a risk. When betrayed by abuse, however, future relationships do indeed involve taking great risks – risks of disappointment and loss, shame, and further abuse.

Many children in the mental health and child welfare system have been betrayed many times -- by parents, by other caretakers, by the system. These traumatized children become highly skilled at pushing away others via a wide range of challenging behaviors and symptoms that hurt themselves and others. When these traumatized children become adults, many continue to find it risky to connect with others. They also carry forward extreme and often perplexing symptoms that test the skills of even the most seasoned human service professional.

Treating traumatized clients also poses risks to treatment providers. Opening our hearts to them means feeling their suffering and exposing ourselves to the darkest sides of humanity. It means investing in clients who often don't want our help, who frequently return to abusive environments, or who are in and out of treatment programs through "revolving doors."

In order to heal, traumatized children and adults need to risk forming connections with caring treatment providers that are different (enough) from those of the past. They need relationships that are RICH – Respectful, Informative, Connected, and Hopeful. Forming such relationships is no easy task because of the extreme behaviors survivors display, the powerful feelings they evoke in us, and their ambivalence about getting close to us.

*Risking Connection* is a curriculum-based training program created to provide mental health and human service professionals with a philosophy and method for working with clients who are survivors of childhood abuse and trauma. The 3-Day Basic Training is based on the curriculum, *Risking Connection: A Training Curriculum for Working With Survivors of Childhood Abuse* (Saakvitne, Gamble, Pearlman, & Lev, 2000).

*Risking Connection* is unique in that it maintains that respect for, and care of, **both** the client and the treatment provider are critical. Therefore, it focuses on the impact of vicarious traumatization (VT) on the treater as well as the treater's complex responses (countertransference) to working with trauma survivors.

Each day of this active-learning course includes lively presentations, small and large group discussions, application exercises, and exercises designed to address self-care and well-being of treaters. All participants receive a certificate of attendance at the end of the training.

## Who should attend?

The 3-Day Basic *Risking Connection* Training is particularly relevant for organizations and individuals who are attempting to make their treatment services more “trauma-informed” and “trauma-sensitive”. The training is relevant for practitioners of all disciplines, from child care workers to psychiatrists, who want to increase their skills and understanding of clients who have experienced childhood trauma.

The training will be useful for professionals working in any of the following settings: inpatient hospitals, residential treatment, outpatient treatment, private practice, partial hospital programs, extended day treatment, specialized schools, child protective services, independent living, domestic violence services, foster care, group homes, juvenile and adult justice, and sexual assault treatment.

Organizations serving traumatized clients can adopt *Risking Connection* as an internal staff training model. Many organizations nationally and internationally have used the *Risking Connection* training model to implement trauma-informed care. Contact Steve Brown at [steveb@klingberg.com](mailto:steveb@klingberg.com) to discuss organizational and trainer requirements for internally training RC.

## What People Are Saying About *Risking Connection*®?

*Risking Connection* is a long overdue and much needed resource. Its breadth and depth are quite astounding, yet it has a flexibility and accessibility that will allow it to be used in a variety of service settings with a wide variety of professionals and paraprofessionals alike.

**Christine A. Courtois, Ph.D.** Author of: *Recollections of Sexual Abuse: Treatment Principles And Guidelines* and *Healing the Incest Wound: Adult Survivors in Therapy*

*Risking Connection* provides the essential tools of trauma-informed clinical intervention, and describes the underlying philosophy and general principles of trauma treatment. Just as important, it devotes considerable attention to the effects of this work on the practitioner. I can't say enough about the timeliness and importance of this book.

**John Briere, Ph.D.**, Associate Professor of Psychiatry and Psychology, and Director, Psychological Trauma Clinic, University of Southern California School of Medicine

Anyone working in senior leadership within a residential setting knows the challenges of implementing sophisticated models of treatment among diverse staff. The *Risking Connection* Training Program offers you just that—an engaging, interactive forum in which staff learn a “common language” for trauma-informed treatment, equally applicable to the direct care professional, teacher, or seasoned clinician. If treatment progress depends as much on the effectiveness of services provided during “the other 23 hours” of the day, this training is for you.

**Stephen Yerdon, L.I.C.S.W.**, Executive Director, Devereux Massachusetts

Risking Connection is nothing short of spectacular – as a training manual for professionals of any background, as a resource for the expert, and as a profound statement of devastating impact of trauma on mental health...”

**David Read Johnson, Ph.D. and Hadar Lubin, M.D.**, Directors, Post-Traumatic Center, Yale University School of Medicine, New Haven, CT

I have never seen a group of attendees so focused, inspired, and active in a training – and for 3 long days! This really spoke to people and they responded.

**Pam Dieter-Sands, Ph.D.**, participant in RC Training, July 2006.

# **Training Overview**

## **Day 1**

- Working Within a Trauma Framework
- The Effects of Childhood Trauma
- Understanding Symptoms as Adaptations
- How We Were Parented and How Impacts Our Work
- Introduction to Vicarious Traumatization

## **Day 2**

- The Therapeutic Alliance: The Root of Healing
- Managing Frame and Boundaries with Trauma Survivors
- Strengthening Self Capacities
- Principles of Crisis Management
- Responding to Crisis Behavior Before, During, and After the Crisis
- Crisis Work and Vicarious Traumatization

## **Day 3**

- Countertransference with Trauma Survivors
- Implementing a Risking Connection Approach in Treatment Programs
- Addressing and Transforming Vicarious Traumatization
- Making Organizations Better Places to Do Trauma Work

# Registration Form

## Risking Connection®: 3-Day Basic Training

Registration may be submitted by mail or fax to the address and fax number listed below, or may be e-mailed to [megana@klingsberg.org](mailto:megana@klingsberg.org). **Payment is expected at the time of registration. We will refund the registration fee minus a \$30 processing fee for cancellations two weeks prior to the training. No refunds will be made for cancellations inside two weeks.**

**Space is limited to 50 registrants, so register early.**

Please indicate below if you would like social work CEUs for the conference.

*Please complete a separate registration form for each person attending.*

**Name:** \_\_\_\_\_ **Title:** \_\_\_\_\_

**Agency:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Dates of RC Training** \_\_\_\_\_

**Registration Fee: \$480. Includes:**

- *Risking Connection* curriculum -- \$80 value
- Continental breakfast
- Lunch
- Daily snacks

Method of Payment: Check, money order, VISA, or Master Card  
(Please make checks payable to: **Klingberg Family Centers**)

Type of Credit Care (VISA or Master Card) \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

**Registration Mailing Address:**

Megan Albanese  
Klingberg Family Centers  
370 Linwood Street  
New Britain, CT 06052  
Phone: 860-832-5514; Fax: 860- 832-8221

I would like Social Work CEUs \_\_\_\_\_ (check here)

## Check-in

Check-in on Day 1 will begin at 8:15 am. The training will begin promptly at 9 am.

## Directions to Klingberg Family Centers, TSI Training Center and Hartford Office

**Address.** 157 Charter Oak Ave., Hartford, CT 06106

**From Points South of Hartford.** Take I-91 North to Exit 29A on the left toward Capitol Area. Merge onto Whitehead Highway. Take right hand exit towards Columbus Blvd. Turn left at Columbus Blvd. Take 2<sup>nd</sup> left onto Charter Oak Ave. Right onto Huyshope. Parking lot for the office is on the left.

**From Points North of Hartford.** Take I-91 South to Exit 29A toward Capitol Area. Merge onto Whitehead Highway. Take right hand exit towards Columbus Blvd. Turn left at Columbus Blvd. Take 2<sup>nd</sup> left onto Charter Oak Ave. Right onto Huyshope. Parking lot for the office is on the left.

**From Points East of Hartford.** Take I-84 West to Exit 54 on the left toward Downtown Hartford. Merge onto CT-Rt 2 West. Turn left at Columbus Blvd. Take 2<sup>nd</sup> left onto Charter Oak Ave. Right onto Huyshope. Parking lot for the office is on the left.

**From Points West of Hartford.** Take I-84 East to Exit 52 to Merge on I-91 South. Exit 29-A toward Capitol Area. Merge onto Whitehead Highway. Take right hand exit towards Columbus Blvd. Turn left at Columbus Blvd. Take 2<sup>nd</sup> left onto Charter Oak Ave. Right onto Huyshope. Parking lot for the office is on the left.

## Hotel Accommodations

Please call Megan Albanese for suggestions about hotel accommodations at [megana@klingberg.org](mailto:megana@klingberg.org) or 860-832-5514.

## **Sponsoring Organizations**

### **The Traumatic Stress Institute (TSI) of Klingberg Family Centers**

TSI of Klingberg promotes excellence in trauma-informed services both within Klingberg and to organizations nationally and internationally who treat clients with histories of psychological trauma and attachment disruptions. TSI helps organizations foster trauma-sensitive treatment cultures, increase clinical expertise, achieve positive lasting results with difficult clients, and develop a stable and well-trained work force. Through training and consultation, TSI has assisted organizations reduce restraints and seclusions, decrease staff turnover, operate more effectively within an increasingly competitive marketplace, and improve outcomes for children and families.

### **Sidran Institute**

The Sidran Institute is a national non-profit organization devoted to advocacy, education and research related to: the early recognition and treatment of trauma related stress in children; and the understanding and treatment of adults suffering from trauma-generated mental health conditions. They are the publisher of the *Risking Connection* curricula.

### **Klingberg Family Centers**

Founded in 1903, Klingberg Family Centers is a private, nonprofit multi-service agency providing help to hundreds of persons across Connecticut each year. Our mission is to extend hope and healing to children and families whose lives have been affected by abuse in its various forms, severe family problems and various emotional, developmental and behavioral difficulties. Klingberg has earned national recognition for training and consultation on implementation of trauma-informed services.