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## COMPLEX TRAUMA

Early deprivation, neglect, abuse, significant early health problems and hospitalizations, repeated moves, or more than one year in an orphanage can create attachment problems that require specialized treatment. Traditional forms of therapy are ineffective with attachment-disordered children. This workshop will provide the therapist and other professionals with an opportunity to learn and practice effective treatment methods for trauma-attachment disordered children.

**Dyadic Developmental Psychotherapy** is an evidence-based, effective, and empirically validated treatment that is grounded in current thinking and research on the etiology and treatment of Complex Trauma or Developmental Trauma Disorder and disorders of attachment. Two follow-up studies with control groups found clinically and statistically significant reductions in symptoms of attachment disorder, aggression, anti-social behavior, thought disorders, attention problems, mood, and social relationship dysfunction. Over 80% of the children treated had previously been in treatment on three or more occasions, without any noticeable improvement. Treatment averaged 23 sessions over approximately ten months. (Becker-Weidman, A., *Child & Adolescent Social Work*, vol. 23, pp.137-171, 2006).

Treatment is primarily experiential and there is an important teaching element as well. Teaching parents about attachment-facilitating parenting methods and the importance of attunement and responsive, sensitive parenting is essential. Direct work with the parents regarding their own family or origin issues is another component of treatment. Finally, intensive emotional work with the child in a manner consistent with sound treatment principles is vital.

### EVIDENCE-BASIS FOR TREATMENT

\* Becker-Weidman, A., (2006) "Treatment for Children with Trauma-Attachment Disorders: Dyadic Developmental Psychotherapy," *Child and Adolescent Social Work Journal*. Vol. 23(2), 147-171.

\* Becker-Weidman, A., (2006) "Dyadic Developmental Psychotherapy: A multi-year Follow-up," in, *New Developments In Child Abuse Research*, Stanley M. Sturt, Ph.D. (Ed.) Nova Science Publishers, NY, pp. 43 – 61.

\* Becker-Weidman, A., (2007). "Treatment For Children with Reactive Attachment Disorder: Dyadic Developmental Psychotherapy,"

<http://www.center4familydevelopment.com/research.pdf>

\* Becker-Weidman, A., & Hughes, D., (2008) "Dyadic Developmental Psychotherapy: An evidence-based treatment for children with complex trauma and disorders of attachment," *Child & Adolescent Social Work*, 13, pp.329-337.

\* Craven, P., & Lee, R., (2006) Therapeutic Interventions for Foster Children: A Systematic Research Synthesis, *Research on Social Work Practice*, 16(3):287-304.

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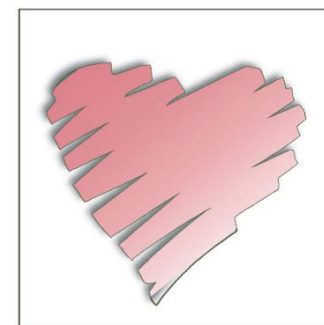
## CENTER FOR FAMILY DEVELOPMENT

The Center For Family Development is an internationally recognized treatment and training center specializing in helping adopted and foster families with trauma and attachment disordered children. The Center is a registered agency with the Association for Treatment and Training in the Attachment of Children, trains professionals in the application of Attachment-Focused Treatment, Dyadic Developmental Psychotherapy, and certifies practitioners of Attachment Focused Therapy and Attachment Focused Family Therapy through its Attachment-Focused Treatment Institute, which it operates jointly with the Academy for Human Development, a Singapore based University.

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## ATTACHMENT-FOCUSED TREATMENT INSTITUTE

The Attachment-Focused Treatment Institute provides three certifications of therapists and other professionals: Attachment-Focused Therapist, Attachment-Focused Family Therapist, and Attachment-Focused Professional. Consultation, training, workshops, and certification is provided through a joint venture between The Center For Family Development and the Academy for Human Development's Graduate Counseling Program, a Singapore based university. More details can be found at: <http://www.attachmentfocusedfamilytreatment.com/>



# CENTER FOR FAMILY DEVELOPMENT NEW YORK CITY DIVISION

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**Center For Family  
Development**

41 Madison Avenue  
Suite 3130  
New York, NY 10010

**Center4FamilyDevelop.com**

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## OUR SERVICES

### Comprehensive Evaluations

- Comprehensive assessments include through screenings of attachment & trauma, mental health issues, sensory-integration, neuropsychological issues, and effects of possible prenatal exposure to alcohol & drugs.
- Neuropsychological Assessments
- Consultations regarding IEP

### Psychiatry

- Medication evaluations
- Medication treatment

### Psychotherapy

(All treatment is with evidence-based approaches)

- Attachment-Focused Treatment
- Dyadic Developmental Psychotherapy
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Trauma-Focused Cognitive Behavioral Therapy

### Sensory-Integration

- Assessment, Treatment, & Consultation

### Consultation & Training

- Consultation for professionals
- Workshops and training for parents, agencies, and professionals.
- Parent training

## REFERENCES

1. Attachment Parenting, Ed., Arthur Becker-Weidman & Deborah Shell, Rowman: Lanham, MD, 2010.
2. Creating Capacity for Attachment, Eds., Arthur Becker-Weidman, Ph.D., Deborah Shell, MA, LCMHC, Wood 'N' Barnes, 2005/2008.
3. Dyadic Developmental Psychotherapy: Essential Methods & Practices, Arthur Becker-Weidman, Ph.D., Rowman, Lanham, MD, 2010.
4. The Dyadic Developmental Psychotherapy Casebook, Arthur Becker-Weidman, Rowman: Lanham, MD, 2011.
5. The Dyadic Developmental Psychotherapy Primer, Arthur Becker-Weidman. Century Press: Williamsville, NY 2012.
6. Attachment-Focused Family Therapy. Daniel Hughes, Norton, 2007.
7. Building the Bonds of Attachment. 2<sup>nd</sup>. Ed. Daniel Hughes, Ph.D., 2006

## Our Staff & Affiliated Providers

Our staff and affiliated providers offer a comprehensive array of services. All staff of the Center are Certified Attachment-Focused Therapists, Certified Attachment-Focused Family Therapists and/or Certified Dyadic Developmental Psychotherapists.

### Arthur Becker-Weidman, PhD, Director 716 810 0790

Dr. Becker-Weidman received his doctorate in Human Development from the University of Maryland, Institute for Child Study. He achieved Diplomate status from the American Board of Psychological Specialties in Child Psychology and Forensic Psychology. He is Director of the Attachment-Focused Treatment Institute, is on the Board of the Association for the Treatment and Training in the Attachment of Children, is a founding member and First President of the Dyadic Developmental Psychotherapy Institute, and is on the Board and Treasurer of the New York Chapter of The American Professional Society on the Abuse of Children. Art is an adjunct Clinical Professor at SUNY at Buffalo, The Academy of Human Development, and Medaille College. He has published many scholarly papers, six books, four DVDs, and regularly presents at international and national conferences. Art consults with therapists, parents, and several child treatment agencies, school districts, departments of social services, and governments in the Australia, Canada, Czech Republic, Finland, Slovakia, Singapore, the UK, & the US.

### Fadi Haddad, MD, Medical Director. 917 689 4179

Dr. Haddad is a child, adolescent, and adult psychiatrist. He is a clinical assistant professor in Child & Adult Psychiatry at NYU. He is involved in teaching and supervising psychiatry residents and fellows at the NYU Child Study Center. He is founder and director of the nation's first Child CPEP program at Bellevue Hospital. Dr. Haddad provides medication management, psychotherapy, and consultations for treatment. In addition to addressing mental health issues such as depression, anxiety, bipolar disorder, schizophrenia, and ADHD, Dr. Haddad provides treatment for gay and lesbian individuals as well as immigrants who are struggling with specific cultural issues. Dr. Haddad specializes in Dyadic Developmental Psychotherapy and is a certified Attachment-Focused Psychotherapist, Attachment-Focused Treatment Institute.

### Emily Becker-Weidman, PhD, Chief of Services

646 389 6550

Dr. Emily Becker-Weidman is a child and adolescent psychologist with expertise in Trauma Focused Cognitive Behavioral Therapy, attachment-focused family therapy, Dyadic Developmental Psychotherapy and Dialectical Behavior Therapy. Dr. Becker-Weidman earned her PhD in clinical psychology at Northwestern University Feinberg School of Medicine and completed her internship at the NYU/Bellevue Hospital Center in NY. She currently is in a two year post-doctoral Fellowship at the NYU Child Study Center. Dr. Becker-Weidman provides evaluations and individual and family therapy. She conducts neuropsychological assessments and frequently consults with schools regarding IEPs. Dr. Becker-Weidman's areas of specialty include:

- \* Post-Adoption and Parent-Child Attachment issues.
- \* Children and Adolescents with ADHD and Disruptive Behaviors.
- \* Posttraumatic Stress Disorder, Trauma, and Bereavement
- \* Social Anxiety, Generalized Anxiety, and Panic Disorders
- \* Depression and Bipolar Disorders
- \* Emotional Regulation Difficulties.

### Erin Lynch, MS, OTR/L Sensory-Integration Specialist 917 282 6527

Erin Lynch has over ten years experience as an Occupational Therapist specializing in helping families with children with sensory processing and neuro-motor dysfunction.

### Other affiliated providers include:

- \* Occupational Therapists
- \* Pediatricians.

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