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**An Overview of the Attachment, Regulation, and Competency (ARC) Framework**

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| The ARC framework is an evidence-informed approach to working with children and families impacted by complex trauma. This 1-day training is an overview of the ARC framework, participants can expect to gain exposure to the components of this approach through didactic and experiential learning. |

**Target Audience:** Psychiatric Nurses, Psychologists, Social Workers, and Mental Health Clinicians

Trainer:

Schenike Massie-Lambert, Ph.D.

The Attachment, Self-Regulation, and Competency (ARC) framework is a core-components treatment model, developed to provide a guiding framework for thoughtful clinical intervention with complexly traumatized youth and their caregiving systems. Drawing from the fields of trauma, attachment, and child development, the framework recognizes the importance of working with the child-in-context, of acknowledging the role of historical experiences and adaptive responses in current presentation, and of intervening with the surrounding environment – whether primary caregivers or treatment system – to support and facilitate the child’s healthy growth and development. Rather than identify step-by-step intervention strategies, the framework identifies 10 key “building blocks”, or intervention targets, key skills/goals within each domain, developmental and cultural considerations, and potential applications across settings.

\*\*Please only register for **ONE** training date, this is not a training series.

**Dates:** Tuesday, June 29, 2021

Tuesday, July 27, 2021

**Time:** 9:30am – 2:30 pm

**Place:** Virtual Zoom workshop. A link will be provided the week of the training.

**Fee:** Registration for this course is **free** and includes handouts.

Professional contact hours offered for eligible participants for a small fee

Coffee/Tea and lunch on your own

**Delivery Format**: Live training program

**Lecture Overview:** In this workshop, we will examine the theoretical foundations underpinning this framework; build skills and knowledge in each identified treatment domain; and discuss case applications and considerations across contexts.

**Goal:** The goal of this training is to provide participants with the basic knowledge about the ARC Framework and how it can be applied to work with young children impacted by complex trauma and their caregivers.

**Objectives:** At the conclusion of this course, the participant should be able to:

1. Have a better understanding of the role of early trauma experiences in their clients’ presentations, of the construct of developmental trauma and of the ARC Framework.

2. Build a repertoire of skills for addressing relational safety for caregivers and children who have experienced trauma.

3. Build a repertoire of skills for building self-regulation in trauma impacted children.

4. Build a repertoire of skills for building developmental competencies in trauma impacted children.

**Program Agenda**

**ARC Overview**

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| 9:30am-9:45am | Introductions |
| 9:45am-10:45am | Complex Developmental Trauma Foundations  ARC Framework Overview  Attachment Domain Review   * Caregiver Affect Management |
| 10:45am-11:00am | BREAK |
| 11:00am-11:15am | BREAK |
| 11:15am-12pm | Attachment Domain Review   * Attunement * Caregiver Response * Routines and Rituals |
| 12:00pm-12:30pm | LUNCH |
| 12:30pm-1:30pm | Self-Regulation Domain Review   * Affect Identification * Modulation |
| 1:30pm-1:45pm | BREAK |
| 1:45pm-2:15pm | Competency Domain Review   * Relational Engagement * Executive Functioning * Self-Development & Identity |
| 2:15pm-2:30pm | Wrap-up, Q&A, Evaluations |

There is no commercial support for this activity.

Speakers and planning committee members have declared that they have nothing to disclose.

**Professional Contact Hours Available** (Certificate Fee: $25)

* Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session.
* Participants must sign in.
* Participants must submit a completed evaluation form & credit request form (with code).

**Note: Your certificate will be acceptable to you within three weeks of completing the training, completing the post program evaluation and downloading the certificate on RBHSCloudCME.**

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In support of improving patient care, Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Nurses**:  This activity is awarded **5.25** **contact hours** (60 min CH).  Nurses and APNs should only claim those hours actually spent participating in the activity.

**Psychologists:** Rutgers University Behavioral Health Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Instructional Level: Introductory. (**5.25 CE Credits**).

**Social Workers (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **5.25 general continuing education hours**.

**Certified Counselors**:  Rutgers University Behavioral Health Care (UBHC) is an NBCC Approved Continuing Education Provider (ACEP™) and a co-sponsor of this event/program. UBHC may award NBCC approved clock hours for events of programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. (**5.25 clock hours**). Approval Number: 6198

**Cancellation Policy**

If you cannot attend the program, please email [carpensh@ubhc.rutgers.edu](mailto:carpensh@ubhc.rutgers.edu) so that we can fill your seat with individuals on the program waiting list.

**Special Needs:** If you have special physical requirements (ADA) and wish to discuss possible provisions, please contact Training and Consultation Resources for this training at [carpensh@ubhc.rutgers.edu](mailto:carpensh@ubhc.rutgers.edu).

If a participant or potential participant would like to express a concern about his/her experience with this Rutgers University Behavioral Health Care activity, he/she e-mail the Center for Continuing Education at [cce@ubhc.rutgers.edu](mailto:cce@ubhc.rutgers.edu) UBHC reserves the right to modify the program content, program faculty, and program activities, and reserves the right to cancel the program if needed.