

ASSESSMENT AND TREATMENT OF COMPLEX DEVELOPMENTAL TRAUMA WITH CHILDREN, ADOLESCENTS, FAMILIES AND YOUNG ADULTS

Presenter: Julian D. Ford, Ph.D., ABPP

**Friday, October 2, 2026 ♦ 12:00pm – 2:00pm (ET)
Zoom Webinar**

The profound impact of exposure to complex traumatic stressors and adversity on children, youth, and families will be described and two complementary frameworks for assessment will be introduced with validated assessment measures; Complex PTSD in the ICD-11 (CPTSD) and Developmental Trauma Disorder (DTD). Evidence-based principles for engaging youth and families who have experienced (or are experiencing) complex/developmental trauma will be discussed, and a framework for applying those principles (the Trauma Affect Regulation: Guide for Education and Therapy, TARGET ©) will be introduced with psychoeducational materials. A film of a therapy session with a youth who has, and is currently, experiencing developmental trauma involving violence, racism, and homophobia will be shown, with the client portrayed by an actor in order to protect privacy and safety. Key moments in the session will be discussed to illustrate main points.

Level of Curriculum Content: Beginner

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Julian D. Ford, Ph.D., ABPP is a board certified clinical psychologist and Professor of Psychiatry and Law at the University of Connecticut where he directs two Treatment and Services Adaptation Centers in the National Child Traumatic Stress Network: the Center for Trauma Recovery and Juvenile Justice and the Center for the Treatment of Developmental Trauma Disorders. Dr. Ford is Editor of the *Journal of Trauma and Dissociation* and Associate Editor for the *Journal of Racial and Ethnic Health Disparities*. He is a past President of the International Society for Traumatic Stress Studies, and a Fellow of the American Psychological Association. He has published more than 350 articles and book chapters and is the author or editor of 10 books, including *Posttraumatic Stress Disorder, 2nd Edition*, *Treating Complex Trauma: A Sequenced, Relationship-Based Approach, 2nd Edition*, *Treating Complex Traumatic Stress Disorders in Children and Adolescents: Scientific Foundations and Therapeutic Models*, and *Critical Moments: Transforming Crises into Turning Points in Psychotherapy*. Dr. Ford is the Principal Investigator for the national Developmental Trauma Disorder Field trial research study, and developed and has conducted randomized clinical trial and effectiveness studies with the Trauma Affect Regulation: Guide for Education and Therapy (TARGET©) model for youths and adults with developmental trauma histories and complex PTSD.

PROGRAM OBJECTIVES

By the end of this presentation, participants will be able to:

- Describe complex PTSD (CPTSD) and Developmental Trauma Disorder (DTD) and approaches to their assessment with children, youth, families, and young adults
- Explain and apply skills for engaging and developing a therapeutic relationship with youth who are complex trauma survivors using the Trauma Affect Regulation: Guide for Education Therapy (TARGET©) clinical framework

PROGRAM AGENDA

12:00pm – 12:10pm	Introduction
12:10pm – 12:30pm	Effects of complex trauma and complex PTSD in the ICD-11
12:30pm – 12:45pm	Developmental Trauma Disorder: A complex trauma framework extending beyond CPTSD
12:45pm – 1:05pm	Evidence-based principles for engagement and therapeutic relationships in trauma-focused therapy
1:05pm – 1:25pm	The TARGET Framework for engagement and therapeutic relationships
1:25pm – 1:45pm	Therapy session film illustrating the principles
1:45pm – 2:00pm	Discussion and conclusion

For additional information on continuing education policies, please visit our website at <https://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/27.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA-accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology hold the designation of National Recognition by the National Association of School Psychologists (NASP).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.