



Structuring Therapeutic Process to be more Ethical, Trauma-Informed, & EFFECTIVE By

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Description of Presentation

The purpose of this workshop is to provide an ethical and trauma-informed framework for how therapy and treatment can be structured to maximize benefit and effectiveness. It is important to introduce and structure the therapeutic relationship and process in a way that lays a foundation for treatment, a basic understanding of trauma and related symptoms, emotional intelligence, as well as a format for therapy sessions to help clients and patients keep their processing productive. Presenting treatment concepts and psychological education with confidence, as well as evidence, is essential for helping consumers invest more in the therapeutic process, and this buy-in and belief in the potential and likelihood for positive change has actually been proven to improve treatment outcomes. People get better, at higher rates, when they believe they can, and it is up to us as clinicians to both model and lend this confidence to those who are struggling, we can help them believe more in themselves as well as their own treatment process!!

We will also be discussing ethical considerations related to confidentiality as well as our own efforts related to ethical treatment of children or adults, voluntary or mandated clients, people who are cooperative and invested along w/ those WHO MAY NOT WANT TO BE THERE....

Participants will re-examine some basic steps in the early phases and introductions to treatment for consumers coming into our care, providing them with important and empowering foundational knowledge to beginning the healing process, to what evidence shows will improve various life outcomes. We will also cover basics in self-care that are quite essential to improve mood, health, and performance of roles, for consumers of our services as well as ourselves. Modeling confidence for

consumers will again be emphasized, and we will talk more about ways to challenge clients and patients, to challenge themselves to take on the tasks necessary for returning to healthier functioning. The goal of treatment is recovery, positive change.... and returning or resuming with role is emphasized as providing important and necessary stimulation to survivors, engaging with experiences that help establish or restore positive identity and improved long-term outcomes.

Objectives

- 1) Brief introduction/Review of trauma, definitions, symptoms, cognitive, emotional, and physical impacts
- 2) Important considerations for how we begin and present treatment to consumers
- 3) Use of confidentiality for building trust and developing therapeutic relationship/process
- 4) Importance of presenting treatment and psychological education w/ CONFIDENCE and EVIDENCE
- 5) Community Meeting Process for healthy ritual and helping structure sessions and practicing emotional intelligence

Bio

Jeremy Elledge received Master's Degree in Social Work from the University of Oklahoma and has worked in both out-patient and in-patient mental health treatment for 15 years, including both residential and acute-level crisis stabilization.

Jeremy currently serves as senior therapist at Children & family Services (COCMHC) and also, serves as licensure supervisor for LCSW candidates employed by the agency, providing ongoing education and consultation, in addition to his work in triage with individuals and families. Jeremy works part-time as therapist for Oklahoma Families First, has provided out-patient therapy for individuals and families in this setting also in addition to training and consultation for agency staff.

