

Healing Shame with Commercially Sexually Exploited Youth and Young Adults

This workshop will provide an overview of shame and involvement in the commercial sex industry and how it can present in treatment. The workshop will also focus on strategies to heal shame with youth and young adults who have been commercially sexually exploited. The presenter will share information on shame resilience and self-compassion.

Why topic is important: Involvement in the commercial sex industry can carry a lot of stigma and shame. When individuals don't heal their shame, it can linger and negatively impact their lives. So, it's crucial for providers to understand the heaviness of shame with commercially sexually exploited youth and young adults and learn strategies to support their healing.

Target Audience
Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

1. Participants will be able to describe self-compassion.
2. Participants will be able identify at least two ways commercially sexually exploited youth and young adults experience shame.
3. Participants will be able to describe the three components of self-compassion.
4. Participants will be able to describe shame resilience.
5. Participants will be able to practice self-compassion with clients.

Seminar Schedule

Typically begins at 12:00 PM and ends at 3:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

12:00(EST) - 12:30 Introduction, shame and the commercial sex industry

12:30 - Healing shame

1:30 - 1:45 Break

1:45 - 2:40 Self-compassion

2:40 - 3:00 Shame resilience

3:00-3:15 Closing, Q&A

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Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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The Presenter

Nicole Kelly is a clinical psychologist who has worked with trauma survivors for 14 years. She currently consults with agencies on trauma-informed care, programming for commercially sexually exploited youth, vicarious trauma, and leadership development. Nicole has been training multidisciplinary audiences on trauma-related topics since 2015 and provides guest lectures at local universities on human trafficking. She has developed several of the training curriculums that are being utilized in Los Angeles County and throughout California to better equip social service providers on working with commercially sexually exploited youth. She has been an expert witness on commercial sexual exploitation and trauma in court. She has authored two books on commercial sexual exploitation and authored prevention and intervention curriculums for the population. In 2018, Nicole was awarded the State of California Senate Certificate of Recognition by Senator Joel Anderson.

General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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