



# Intrapsychic Humanism Society

## 2019 Professional Development and Public Lecture Series

November 2, 2019, 3-5 pm  
Light Refreshments Starting  
at 2:30 pm; **2 CEs**

Co-Sponsored by

**SMART LOVE.**  
FAMILY SERVICES

Loyola University Chicago -  
Lewis Tower  
Beane Hall, 13th Floor  
111 E. Pearson, Chicago, IL

The Walter D. Miller, LCSW Lecture

### **BREAKING NEWS: How Psychotherapists, Teachers, Parents and Other Caregivers Can Help Children and Teens Cope with Traumatic News in the Media and When Trauma Occurs in Their Communities**

Carla Beatrici, Psy.D. and Felicia Owens, Psy.D.

Modern advances in technology have enhanced and improved our lives in many ways. While there are benefits to having information at our fingertips, it can be overwhelming for both children and adults to navigate this new world. How can adult caregivers help children digest the traumatic events they are exposed to on the news, the internet, social media and even in their own communities? The presentation will provide an overview of the negative effects traumatic news can have on children and articulate how caregivers can best help children cope. Special consideration will be given to helping children, including racial minority children, who are exposed to violence in their own communities--when the breaking news is real life news. The presentation will emphasize: (1) the importance of caregivers being available to listen to how children are feeling and providing a close relationship children can turn to for help with losses and their feelings; (2) how parents and caregivers can best regulate access to digital media to protect children and reduce exposure to traumatic information; (3) the value of adult caregivers getting help with their own intense reactions to traumatic events and of protecting children from these reactions.

**Complimentary for IH Society Members; General Admission: \$30;  
Highly Discounted Fees for Early Career Clinicians, and Students**

**2 CEs for Psychologists, Professional Counselors, and Social Workers**

**To register, please visit 'News & Events' at [www.smartlovetfamily.org](http://www.smartlovetfamily.org)**

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## Presenters

### Carla M. Beatrici, Psy.D.



Dr. Carla Beatrici received her Psy.D. at the Illinois School of Professional Psychology. She is a Clinical Psychologist with over 25 years of experience providing psychotherapy to individuals of all ages, with a specialization in child and adolescent mental health and the area of trauma. Dr. Beatrici is the Director of Clinical Services of an outpatient, not-for-profit organization called, Smart Love Family Services, located in Oak Park and Chicago, where she oversees and supervises 25 clinical staff. Dr. Beatrici has developed and implemented staff training programs on child development for mental health and medical professionals in many settings, including Easter Seals, Early Head Start, the American Medical Association, and formerly Children's Memorial Hospital. For the past 18 years, Dr. Beatrici has been on the adjunct faculty at Loyola University Medical Center as a Clinical Assistant Professor, where she sees patients and teaches *Developmental Theories* to psychiatry residents.

### Felicia Owens, Psy.D.



Dr. Felicia M. Owens received her Doctorate in Clinical Psychology at the Illinois School of Professional Psychology. Dr. Owens is a psychotherapist at Smart Love Family Services and also serves as the Director of Minority Families Program. She has more than 15 years of experience providing psychotherapy to adults, parents, families and children in various settings, including private practice, community churches, DCFS, inpatient psychiatric hospitals and college counseling centers. Dr. Owens has worked in a range of capacities with minority families, strengthening service delivery to their communities and addressing the multicultural factors that exist for these families. Dr. Owen's upbringing as a Black woman in underserved areas on the West Side of Chicago established her interests in the expansion of her multicultural competence and informed the experiences she has gravitated towards, including gun violence trauma relief and the de-stigmatization of mental illness for at risk populations. She is the founder of Dr Owens Speaks, a Faith-Based Wellness Firm devoted to helping others incorporate their faith and mental health while walking their destined path to purpose.