

Annual Congress on Mental Health

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Advances in treatment of trauma



Kalyani Gopal

*Mid-America Psychological and
Counseling Services PC, USA*

Psychological trauma treatment has increasingly been the focus of research and practice. Indeed, the focus has been on Veterans usually, and since the 1960s adverse childhood experiences study, child welfare, therapists, and emergency centers have identified risk factors and treatment response factors with regard to prognosis and recovery. Treatment modalities will be discussed in terms of cognitive therapeutic modalities, technological treatment adjuncts, imagery, hypnosis, and interpersonal interventions. Techniques that work with specific patient examples will be examined and discussed. Therapists will particularly learn about techniques that are effective for various disorders and symptomatology, working with victims of violent crimes such as sexual assault, human trafficking, rape and child sexual abuse. Work with foster children and adoptees with their unique dynamics will also be highlighted.

Biography

Kalyani Gopal, PhD, HSPP, Founder & President, SAFE Coalition for Human Rights, Nominated President-Elect, IPA Dr. Gopal is a keynote and international speaker and trainer on foster care and adoption, sex-trafficking, child sexual abuse, Autism and neurodevelopmental disorders, and psychopathology. She is the President of Mid-America Psychological and Counseling Services, PC and manages seven mental health clinics in Indiana, Illinois, and Florida. Her nonprofit organization, Safe Coalition for Human Rights hosted SAFE 2014 in Chicago, SAFE 2016 in DC/VA, and will be hosting SAFE 2018 at the Palmer House, Hilton, Chicago, USA on Sept 2-5, 2018, bringing together organizations from around the globe working ceaselessly to form collaborative national and international coalitions from rescue to rehabilitation of victims of human trafficking and violations of human rights. In recognition of her work, Dr. Gopal was awarded the Lake County Award for Excellence in 2004 and Indiana Attorney General's Voices for Victims Award in 2015.

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