

## 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  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
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

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### 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 as many times as necessary to pass. 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.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2019 to 3/28/2022. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

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### The Presenter

Nicole Klasey 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

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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