

Applying the Stages of Change with Commercially Sexually Exploited Youth

Although the commercial sexual exploitation of youth has occurred in the United States, it has only recently begun to get attention. Given the newness of the topic, many providers struggle to engage youth involved in the commercial sex industry. The Stages of Change model has been identified as a best practice for working with the population. This 6-hour training will equip you with a better understanding of the Stages of Change model and engagement skills you can utilize when working with youth who are commercially sexually exploited. Without a model to engage youth, providers may place undue pressure on them, unintentionally cause harm, and develop unrealistic expectations for themselves. The training will discuss the stages in a practical manner. Participants will follow a youth and caregiver through each stage and learn strategies to engage them and help them move to the next stage.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe the Stages of Change model.
2. Discuss the usefulness of the Stages of Change model with commercially sexually exploited youth
3. Identify what stage of change a youth or their caregiver is in.
4. Apply engagement strategies to help the youth and/or caregiver transition to the next stage.
5. Identify engagement strategies when a youth reenters the commercial sex industry.

Seminar Schedule

Begin 10AM EST and end 5:00 PM, with 15 minute breaks at 11:30 and 3:15, and a half hour lunch break at 1PM

Outline

10:00(EST) - 11:30 CSEC 101 review, Stages of Change overview, Context of Change

11:30 - 11:45 Break

11:45 - 1:00 Precontemplation, Contemplation

1:00 - 1:30 Lunch

1:30 - 3:15 Contemplation, Preparation, Action

3:15 - 3:30 Break

3:30 - 5:00 Action, Maintenance, Recycling

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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 6 CE's for attending once they have completed these requirements.

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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.

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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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