

OUTLINE

The Neurobiological Legacy of Trauma

- How the mind and body react to threat and danger
- Autonomic arousal and affect tolerance
- Inability to feel safe in the body
- Loss of the ability to self-witness

The Nature of Traumatic Memory

- “The body keeps the score” (Van der Kolk)
- Implicit memories: is it memory?
- Remembering situationally: ‘here’ or ‘there’?

Neurobiologically-informed Trauma Treatment

- Regulating the traumatized nervous system and restoring a witnessing self
- Psychoeducation: knowledge is power
- Reframing the symptoms
- Avoid ‘self-defeating stories’ (Meichenbaum)
- Treat the symptoms, not just the event

Sensorimotor Psychotherapy

- Trauma and procedural learning
- Tracking the body as a source of information
- Use the language of the body
- Body-centered techniques into talking therapy treatments

Mindfulness and Neuroplasticity

- Mindfulness practices in therapy
- Differentiate thoughts, feelings and body experience
- Dual awareness of everyday experience
- Teach mindfulness to clients

Challenges of Trauma Treatment

- Secondary symptoms: anger, self-harm and suicidality, aggression, substance abuse, and eating disorders
- Treatment-resistant depression and anxiety
- Complex symptoms as manifestations of animal defense responses

Therapy as a Laboratory for the Practice of New Actions

- Dis-identifying with the symptoms
- Develop a new language and a new story

- Capitalize on somatic resources for modulating the nervous system
- New resources that address specific trauma symptoms

The Role of Neuroplasticity

- Neuroplastic brain change
- Principles of neuroplasticity
- Treatments to enhance neuroplastic effects

Somatic Resolution of Traumatic Events

- Repair and transformation rather than re-processing
- Address uninvited memory
- Tell the story to ourselves: creating internal safety
- Right brain-to-right brain communication: feeling safe with others

OBJECTIVES

1. Assess the neurobiological effects of traumatic experience.
2. Categorize implicit and procedural memories of trauma.
3. Communicate the role of autonomic arousal in exacerbating symptoms.
4. Explore how “the body keeps the score”.
5. Characterize the basic principles of Sensorimotor Psychotherapy.
6. Integrate mindfulness-based techniques in traditional treatments.
7. Specify animal defense survival responses in trauma patients.
8. Investigate the role of substance abuse, eating disorders and self-destructive behavior as trauma symptoms.
9. Implement ‘top-down’ and ‘bottom-up’ interventions to address unsafe behavior.
10. Choose a somatic approach to resolving traumatic experience.
11. Discriminate between past experience and present moment experience.
12. Develop right brain-to-right brain communication to improve the effectiveness of trauma treatment.

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SOMATIC INTERVENTIONS FOR TREATING COMPLEX TRAUMA

with Janina Fisher, Ph.D.

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

You won't want to miss this 2-day workshop on learning proven Somatic techniques for treating trauma with international expert and author Janina Fisher, PhD!

The techniques you'll learn during this workshop will make even the most complex clients easier to treat - and the interventions you'll learn directly address the underlying causes of post-traumatic stress.

Dr. Fisher will give you tools from Sensorimotor Psychotherapy, a body-centered talking therapy. These simple body-oriented interventions can **be easily integrated into traditional talking therapies** to address trauma-related challenges such as:

- Dysregulated autonomic arousal
- Overwhelming affects and sensations
- Intrusive images and memories
- Impulsivity and acting out
- Dissociative phenomena
- Numbing and disconnection

This workshop will cover recent neuroscience research that explains how traumatic experience becomes deeply embedded in both mind and body. Learn how to better assess and make sense of trauma-based symptoms and then how to apply neurobiologically informed treatment techniques in clinical practice.

SPEAKER



Janina Fisher, Ph.D. is a licensed clinical psychologist and instructor at the Trauma Center, founded by Bessel van der Kolk, MD. A faculty member of the Sensorimotor Psychotherapy Institute, an EMDR International Association consultant, past president of the New England Society for the Treatment of Trauma and Dissociation, and former instructor, Harvard Medical School, Dr. Fisher lectures nationally and internationally on the integration of the neurobiological research and new trauma treatment paradigms into traditional psychotherapies.

Speaker Disclosures:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janina Fisher has no relevant non-financial relationship to disclose.



Target Audience

Counselors • Psychologists • Social Workers • Marriage and Family Therapists • Addiction Counselors • Psychotherapists • Case Managers • Other Mental Health Professionals • Nurses

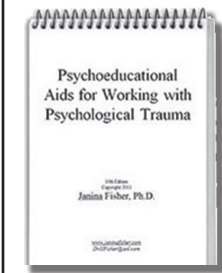
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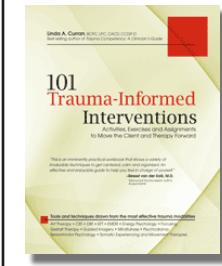


Psychoeducational Aids for Treating Psychological Trauma Flip Chart

By Janina Fisher, Ph.D.

Workshop presenter!

This psychoeducational flip chart consists of 22 diagrams with text summarizing the most current research and theoretical concepts in trauma treatment in a simple graphic format understandable for most clients. **The use of these simple diagrams increases the ability of the client to understand the nature of the symptoms and engage more easily in the treatment.** Clients feel a sense of relief as their puzzling and disturbing reactions begin to make sense, and therapists find the flip chart a support for not only the treatment but also the relationship. Topics covered: common symptoms and difficulties related to experiences of trauma, effects on the nervous system and brain, traumatic attachment, addictions and trauma, dissociative phenomena, and stages of treatment.



101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDP

This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.

LIVE WEBCAST DETAILS

Join us on October 16, 2017, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$29.99 per CE Certificate for each additional participant.

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

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☐ **\$29.99*** *101 Trauma-Informed Interventions* book*

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