

Outline

Trauma
Concepts & definitions
A historical perspective of trauma
Stress vs. trauma: Two states, two responses
The creation of trauma, reactive adaptations, traumagenesis
Small “t” and Big “T” trauma

- High-risk characteristics
- Pre-natal
- Early life trauma
- “On Going” vs. “Single Event” trauma

The Traumatized Brain
Neurobiology and Triunal Brain Model
Activation and hyper-arousal of threat response system
The sensitized brain through conditioned traumatic cues
Dissociation and the importance of freeze discharge:
Neuroception, bodily reactions and biological changes

Trauma and Stress-Related Disorders (DSM-5®)
Post-Traumatic Stress Disorder (PTSD)

- 0-6 child definitions of PTSD
- Reactive Attachment Disorders
- Acute Stress disorders
- Adjustment disorders
- Disinhibited Social Engagement Disorder

Trauma and Working with Children and Adolescents: The Developing Brain, Body, and Mind
Best practices and innovative tools for assessment
Subjective imprints of trauma
Innovative tools for trauma resiliency
Trauma-Focused CBT for Children
Eight interventions to use immediately
Rapport, hope and empathy during the first session and thereafter

Trauma, Loss, and Complicated Grief
Grief, bereavement and mourning
How trauma “freezes” the normal grieving process
Signs of complicated/traumatic grief
Factors contributing to complexities in grief
Grief, bereavement in DSM-5® and viable treatment implications

Healing Trauma: Three Active Ingredients
Therapeutic Relationship - hope, safety, and calming presence
Relaxation – reciprocal inhibition, parasympathetic dominance
Narrative – developing “new” narrative to “transform” memories

Immediate Interventions: The Three-Stage Consensus Model
Safety/Stabilization
The Therapeutic Alliance
Felt safe vs real safe
Resolution of impeding environment
Amelioration of self-destructive thoughts
Restructuring victim mentality to proactive survivor identity
Stabilization, self-regulation, relaxation, grounding & containment
Mindfulness, yoga, recovery resources and holistic strategies

Reprocessing/Resolution
Narrative and metabolization of traumatic memory
Cognitive therapies
Mindfulness-informed interventions
Guided Imagery and Systematic Desensitization
Somatic and focusing interventions
Forgiveness and gratitude work

Reintegration/Reconciliation
Reconnection to self, family, society and hopes/dreams
Resiliency skills training

Limitations of Research and Potential Risks
No “one size fits all” for any modality of trauma treatment
Various definitions of trauma with different treatment implications
Side effects may include an initial increase in symptoms
Empirical verses anecdotal evidence

Live Seminar Schedule

7:30 Check-in/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Illustrate the effects of trauma on the structure and function of the brain.
2. Determine the etiology and potential impact of traumatic stress on the client utilizing multiple assessment strategies.
3. Develop an assessment plan for a client’s reaction to a traumatic event and develop a viable treatment program.
4. Analyze how grief, bereavement, and mourning are accounted for in the DSM-5®.
5. Integrate interventions to assist a client in dealing with the biopsychosocial manifestations of trauma, PTSD, and traumatic grief/complicated mourning.
6. Discover appropriate evidence-based interventions to assist a client in coping with the physical and psychosocial-spiritual manifestations of trauma.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Celestee Roufs at croufs@pesi.com or 715-855-5229.

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- Multisensory interventions to treat the whole person

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Complete this workshop and learn **new clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma.** Throughout the workshop trauma specialist, Michael S. Prokop, will discuss and integrate the “active ingredients” for “healing trauma” as they are utilized within the Three Stage Consensus Model. Attend and be able to:

- Use dozens of practical assessment, diagnosis and intervention strategies
- Effectively work with children, adolescents and adults dealing with trauma issues
- Implement multisensory interventions to treat the whole person

You will be able to implement evidence-based treatment protocols for establishing safety, desensitizing and reprocessing trauma memories, as well as, resolving/reprocessing complicated grief. **With these new skills, you will be able to assist your clients in their journey as they “restructure a victim mentality to form a proactive survivor identity.”** With this new identity, you will be able to help clients reconnect to self, family, society and dreams!

Speaker

Michael S. Prokop, M.Ed., CCTP, CSP, LPC, BCPC, is a national speaker, Certified Clinical Trauma Professional, consulting school psychologist, Licensed Professional Counselor, American Psychotherapy Association Board Certified PTSD Clinician/Board Certified Professional Counselor-Diplomate, sports psychology consultant and is a member of the International Association of Trauma Professionals (IATP). He specializes in grief and trauma therapy, relaxation therapy, rational emotive psychotherapy, anger management, mental toughness training, and more. As a consulting psychologist he has conducted hundreds of psychological evaluations of traumatized clients and continues to provide individual and group therapy for clients with various adjustments, intellectual, motivational and emotional challenges. His clinical expertise with traumatized clients is based on a long history of comprehensive professional experiences. These include providing support for children and families impacted by suicide, domestic violence, homicide, child abuse, sexual assault and accidental death.

Michael has authored three children's books regarding adjustment issues and his counseling experiences include more than 25 years in private practice, school districts, part time at The Developmental Clinic, and the rest at Kent State University teaching undergraduate psychology classes, graduate level workshops and also providing psychological counseling services for the T.R.I. Program (Toward Retention Intervention). Besides his private practice, he consults in numerous schools and agencies and is an adjunct professor at Ashland University. As an entertaining and enthusiastic speaker, he frequently lectures and provides seminars at state and national conferences.

Speaker Disclosures:

Financial: Michael Prokop is an adjunct instructor at Ashland University. He receives a speaking honorarium from PESI, Inc.

Non-financial: Michael Prokop is a member of the American Psychotherapy Association; National Education Association; National Association of School Psychologists; and the American Psychological Association.

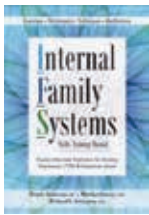


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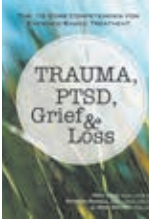
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Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D.; Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach – rooted in neuroscience – the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.



Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment

By Michael Dubi, Ed.D., LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, Ph.D., LMHC

A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, self-regulation, EMDR, Tri-Phasic Models, exposure-based therapies, CBT and Narrative Exposure Therapy.

Target Audience

Counselors • Social Workers • Psychologists • Case Managers • Therapists • Chaplains • Marriage & Family Therapists
Addiction Counselors • Mental Health Professionals • Crisis Intervention Specialists • Nurses



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