

# CERTIFIED CLINICAL TRAUMA PROFESSIONAL

## Two-Day Trauma Competency Conference

The successful resolution of traumatic stress can be simple.

Studies indicate that there are four key elements to effective trauma treatment. When you accomplish these four key elements in treatment with your clients, you will be able to reduce their symptoms and improve clinical outcomes.

Attend this conference and you will walk away with a step-by-step **four-stage framework** for navigating essential elements of trauma treatment with your traumatized clients.

The essential elements are common to all evidence-based trauma treatments, you will learn how you can integrate this framework with your current approach or methodology to make your trauma treatment even more effective!

This trauma competency training can **transform your clinical practice and help improve your trauma treatment outcomes**, just as it has for other clinicians around the world.

\*\*In addition, **completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional** (International Association of Trauma Professionals, [www.traumapro.net](http://www.traumapro.net))

## Meet Your Speaker

**Robert Rhoton, PsyD, LPC, D.A.A.E.T.S.**, is a retired faculty member from Ottawa University (Phoenix) where he worked for 20 years in the Behavioral Sciences and Counseling Department. Dr. Rhoton's primary interests are training counselors to work with traumagenic family dynamics; child & family trauma; and non-egoic models of treatment.

As CEO of Arizona Trauma Institute, Dr. Rhoton has supervised multiple outpatient clinics, juvenile justice programs, and intensive outpatient substance abuse programs for adolescents, as well as day treatment programs for children and youth, adult offender programs, child and family therapeutic services, advanced training in child and adolescent trauma treatment, family therapy and family trauma work.

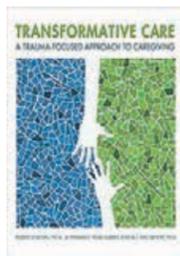
Dr. Rhoton is the past president of the Arizona Trauma Therapy Network (2010-2012). He is a Diplomate of the American Academy of Experts in Traumatic Stress and collaborates and consults with several Arizona community behavioral health agencies to fine tune their understanding of trauma. Dr. Rhoton serves on the Arizona Department of Health Services Trauma Informed Care (TIC) task-force as a community member. He is a gubernatorial appointee to the Arizona Board of Behavioral Health Examiners and Governor's Office of Youth, Faith and Family.

### Speaker Disclosure:

Financial: Robert Rhoton is CEO of Arizona Trauma Institute, LLP. He receives compensation as an Assistant Professor in the Behavioral Sciences and Counseling Department at Ottawa University. Dr. Rhoton receives a speaking honorarium from PESI, Inc.

Non-financial: Robert Rhoton serves on the Arizona Department of Health Services Trauma Informed Care (TIC) task-force as a community member and is also a gubernatorial appointee to the Arizona Board of Behavioral Health.

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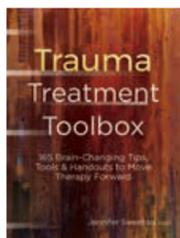


### Transformative Care:

A Trauma-Focused Approach to Caregiving

By Eric Gentry, Ph.D., LMHC, Robert Rhoton, Psy.D., LPC, D.A.A.E.T.S., *Your Presenter* and Thomas E. Rojo Aubrey, DBH

*Transformative Care: A Trauma-Focused Approach to Caregiving* goes far beyond simply defining and advocating for trauma-informed care (which has become an important new method for caregiving). Instead, it teaches the developing care provider the mastery and skillset needed to safely and effectively intervene, with a trauma-focused approach, in the lives of those who are suffering from a painful past.



### Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

By Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients' brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.

More info and resources at [www.pesi.com/bookstore](http://www.pesi.com/bookstore)



The IATP is a non-profit membership association providing trauma professionals with **state-of-the-art** training, education, certification and research.

### Benefits of Membership:

- **\$25 Discount** on all live one-day and multi-day PESI seminars across the United States
- **10% Discount** on all PESI books, CDs, DVDs and digital seminars
- Traumatology Tool Kit (assessment instruments, treatment protocols)

Visit the IATP website at [www.traumapro.net](http://www.traumapro.net) for more details on the non-profit association.

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# CERTIFIED CLINICAL TRAUMA PROFESSIONAL

## Two-Day Trauma Competency Conference



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Tuesday & Wednesday  
September 17-18, 2019

**ARLINGTON HEIGHTS, IL**  
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Robert Rhoton, PsyD, LPC, D.A.A.E.T.S.

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# Outline

## A Brief History and Evolution of Traumatic Stress, Grief & Loss

Systemic traumatic stress theory  
Symptom review  
Review of effective treatments  
Tri Phasic model  
Most commonly used instruments to assess traumatic stress

## Core Competencies of Traumatic Stress, Grief & Loss

### Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

Precipitating events  
Meaning making  
Physiology of trauma  
Perception

### Adaptive and maladaptive coping behaviors

Trauma adaptation  
Systemic influences  
Emotional & psychological stressors  
Integrated theoretical concepts from stress, crisis & trauma theories  
Information processing model  
Psychosocial model

# Objectives

1. Examine the nature of traumatic stress, grief, & loss and their sequelae.
2. Analyze the clinical application of various theoretical treatment models for traumatic stress, grief & loss.
3. Evaluate traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives in order to improve clinical outcomes.
4. Examine the clinical research that supports the imperative factors that influence the efficacy of trauma treatment.
5. Assess the comorbidity of traumatic stress in other diagnoses, including personality disorders and Dissociative Identity Disorder, and identify appropriate treatment interventions.
6. Provide psychoeducation and cognitive restructuring techniques for maximizing client engagement and participation in early stages of treatment.
7. Determine the efficacy of self-regulation skills as a preliminary treatment intervention for trauma.
8. Articulate the 10 core competencies of traumatic stress, grief and loss and specify the clinical application of each.
9. Incorporate clinical interventions and techniques for the initial assessment, safety and stabilization phase of treatment as well as the remembrance and mourning phases of trauma treatment.
10. Examine the potential clinical limitations and benefits of completing a needs assessment for better progress in treatment.
11. Develop clinical skills to support and facilitate recovery from complicated bereavement in clients.
12. Incorporate CBT skills to promote the development of stability, self-efficacy, anxiety management, and relational capacities in traumatized clients.

## Review of Effective Treatment Interventions

Cognitive Behavioral Techniques (PE, CPT & SIT)  
EMDR & Bilateral Stimulation  
Thought Field Therapy (TFT)/Emotional Freedom Techniques (EFT)  
Sensorimotor

## The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

Affective volatility  
The body keeps the score  
Biology of traumatic stress

## The Impacts of Traumatic Stress Over Time & Across & Within Developmental Stages

Epigenetics  
Reactive Attachment Disorder  
Adrenal fatigue

## The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

Traumagenesis  
Traumaddiction  
Comorbidity

## Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

Systemic perspective  
Strengths perspective  
Survivor metaphor

## Traumatic Stress Exists Across the Continuum of Systemic Levels

Systemic trauma theory  
Community trauma  
Vicarious secondary traumatization

## Theories of Traumatic Stress, Loss and Grief

Information processing model  
Psychosocial model  
Contemporary thoughts

## Bereavement and Adjustment Disorders

Supporting normal bereavement  
Treating complicated bereavement

## Assessment of Traumatic Stress Disorders

Diagnostic and Statistical Manual of the APA  
DSM-5® changes  
ACE & developmental trauma  
Diagnosing PTSD with the PCL-5

## Evidence-Based Techniques/ Interventions

Relaxation/self-regulation  
Grounding  
Containment  
Writing/journaling  
Drawing art  
Healing metaphors  
Transitional objects

## Demonstrations: Interactive Exercises/Application of Skills

Cognitive Behavioral Techniques  
Narrative Exposure Therapy Technique  
Thought Field Therapy (TFT)  
Bilateral Stimulation

## Limitations of the Research and Potential Risks

Limitations of many accepted models of trauma treatment  
Weaknesses and limitations of evidence-based trauma treatment models  
Limitations of the diagnostic (DSM-5 ®) system  
Limitations and potential risks in grief work, due to research scarcity on the topic

## Closure: Lessons Learned

# Live Seminar Continuing Education Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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**COUNSELORS:** Certified Clinical Trauma Professional: Two-Day Trauma Competency Conference has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3259. PESI is offering this activity for 12.75 clock hours of continuing education credit.

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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.

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