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

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 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

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.

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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:

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- 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.

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.

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

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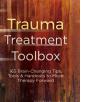
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165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward By Jennifer Sweeton, Psy.D., M.S., M.A.

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Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

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