

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

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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