

OUTLINE

The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma
Fight, flight, freeze, fawn survival responses
Clinical implications of the freeze response
The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis:

Trauma Assessment Tools

Simple vs. complex trauma
Intergenerational trauma
Symptom clusters and physical manifestations
CAPS-5 and PCL-5
Primary Care PTSD Screen
Dual diagnosis

Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations
Bottom-up techniques to reconnect and feel safe in the body
Self-soothing techniques
Grounding strategies
Breathwork
Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

Somatic Approaches:

Address Physical Symptoms of Trauma
Relevance of Polyvagal theory and early trauma
Assess for readiness to apply somatic tools
Teach body awareness
Manage unease with “Felt sense” exercises
Resourcing strategies to create a safe space

CBT Coping Skills:

Manage Emotions

Identify inaccurate trauma-related cognitions
Exposure, titration and pendulation to slow emotions
Cognitive reframing and reappraisal interventions
Memory reconstruction techniques

EMDR-Based Techniques:

Resolve Traumatic Memories

Adaptive Information Processing Theory
EMDR vs EFT vs neuromodulation
Resourcing strategies
Combine memory reprocessing with cognitive restructuring
Using “restricted processing” with complex trauma

Narrative Therapy Exercises:

Rewrite Traumatic Experiences

Interventions to help clients talk about hotspots
Reclaim identity with the “Tree of life” exercise
Awareness and closure - create life stories

Solutions to Trauma Treatment Roadblocks

How to handle the angry client
Strategies for the resistant trauma client
Boundary concerns
Dealing with crises, suicidality, substance use
Reintegration and Post-Traumatic Growth
Better than normal - the neuroscience of post-traumatic growth
The therapeutic alliance as a brain-based approach
The power of forgiveness in moving forward
Meaning making exercises

Research, Limitations and Potential Risks

Target Audience

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

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Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Better still, completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional, giving you the opportunity to differentiate yourself from the crowd and let clients and colleagues know that you've invested the time and effort needed to provide treatment at the highest level.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!

SPEAKER

Dr. Jennifer Sweeton, is a licensed clinical psychologist, author, and internationally-recognized expert on trauma, anxiety, and the neuroscience of mental health.

She completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Center for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University, and studied behavioral genetics at Harvard University.

Dr. Sweeton resides in the greater Kansas City area, where she owns a group private practice, Kansas City Mental Health Associates. She formerly served as the president of the Oklahoma Psychological Association, and holds adjunct faculty appointments at the University of Kansas School of Medicine. She is the president-elect of the Greater Kansas City Psychological Association. Dr. Sweeton offers psychological services to clients in Oklahoma, Kansas, and internationally, and is a sought-after trauma and neuroscience expert who has trained thousands of mental health professionals in her workshops.

Speaker Disclosures:

Financial: Jennifer Sweeton is in private practice. She has an employment relationship with the Oklahoma City VAMC. Dr. Sweeton receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Sweeton has no relevant non-financial relationship to disclose.

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