

Outline

Trauma & Traumatic Stress: What Every Therapist Needs to Know

The myth of stress
How stress affects the mind and body
Neuroscience of traumatic stress
Causes Trauma & Traumatic Stress
What Heals Trauma & Traumatic Stress
Understand the research
Limitations and potential risks

Essential Elements of Trauma Treatment: *The Ground Work for Successful Trauma Treatment*

"Active Ingredients" for Effective Trauma Treatment
A good therapeutic relationship
Self-regulation/relaxation technology
Safe exposure
Cognitive restructuring/psychoeducation

Assessment & Staged Treatment Approach for Trauma: *Integrating an Empowerment & Resilience Treatment Structure*

Preparation & Relationship
Positive Expectancy
Feedback Informed Treatment
Skills Building and Cognitive Restructuring
Tools for Hope (An "Owner's Manual" for the ANS)
Self-Regulation: Neuroception & Interoception
Skills for Self-regulation
Desensitization & Integration
In vivo vs. Imaginal Exposure
Forward-Facing Trauma Therapy & In vivo Exposure
Posttraumatic Growth & Resilience
Intentionality
Construct "Documents of Intention"
Healing the Moral Wound

Objectives

1. Determine the common elements for treating post-traumatic stress advocated as best practice for treatment of PTSD by recent research.
2. Construct your own "documents of intention" (i.e., Covenant and Code of Honor) as a foundation for accelerating clinical practice and therapeutic relationship-positive outcomes.
3. Assess the specific process and components of this treatment model to identify when and for which clients this method is an appropriate treatment application.
4. Employ a staged common elements approach to common evidence-based techniques for treating survivors of trauma.
5. Utilize specific evidence-based treatment tasks within each of the dynamic elements of treatment that resolve symptoms of post-traumatic stress.
6. Practice skills for self-regulation for both clinician and client to use during therapy.

Live Webcast Schedule

(Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

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.

Target Audience:

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



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Forward-Facing Trauma Therapy

A Treatment Framework for Lasting Change

LIVE Interactive Webcast

Thursday, November 19, 2020

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Forward-Facing Trauma Therapy

A Treatment Framework for Lasting Change

Featuring trauma expert, trainer and author,
J. Eric Gentry, PhD, LMCH, DAAETS

- A deceptively simple trauma treatment framework that can be used as a stand-alone or incorporated with other treatment methods
- Transform your practice and trauma treatment outcomes!

LIVE Interactive Webcast

Thursday, November 19, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.

Forward-Facing Trauma Therapy: A Treatment Framework for Lasting Change

Hyper-aroused from a traumatic past, your client's threat response sounds off stridently when there is little to no danger. It leaves them in a constant reactive state; feeling out of control and uncomfortable in their own skin.

But many traditional treatments fail to give clients the tools they need to face these challenges of the here-and-now, instead requiring a focus on past traumatic memories that can set off that threat response again and again. Instead of gaining control over their body's reactions and lives, clients can deteriorate and lose hope.

The Forward-Facing Therapy Framework can help you to move clients forward so they can flourish in the present!

Forward Facing Therapy is a simple treatment protocol that gives you the skills and clinical tools you need to interrupt the involuntary physical and cognitive engagement of the threat response and restore their sense of safety, intentionality and hope! It can be used as a stand-alone or incorporated with other treatment methods you already use.

Eric Gentry, PhD, LMCH, DAAETS, trauma expert, trainer and author, has trained thousands of mental health professionals like you on how to make trauma treatment more effective. Join him as he shows you how to integrate this framework into your clinical practice so you can:

- Quickly lessen clients distress and improve cognitive functioning
- Reestablish their comfort in their bodies
- Teach clients to self-regulate their own autonomic nervous system
- Restore clients' sense of safety, agency and hope

This is one training you don't want to miss!

Register today, bring the Forward-Facing framework into your trauma work and help clients find lasting healing and positive treatment outcomes!

Speaker

Eric Gentry, Ph.D., LMHC, is an internationally recognized leader in the field of disaster and clinical traumatology, having trained thousands of professionals and paraprofessionals worldwide in the treatment of traumatic stress. His doctorate is from Florida State University where he studied with Professor Charles Figley, one of the pioneers of traumatic stress. Dr. Gentry was one of the original faculty members of the Traumatology Institute and later became the co-director of the International Traumatology Institute at the University of Southern Florida. Dr. Gentry, along with Dr. Anna Baranowsky, is the co-author and co-owner of the Traumatology Institute Training Curriculum – 17 courses in field and clinical traumatology leading to seven separate certifications.

Dr. Gentry has been a clinical member of several CISM teams and has provided assistance in many different disaster and critical incidents including Oklahoma City, New York City, and hurricanes in Florida. He was the developer of the Community Crisis Support Team, which began in Tampa, Florida, and has become a model for communities to integrate mental health services into their disaster response network.

Dr. Gentry is the co-author of the critically acclaimed *Trauma Practice: Tools for Stabilization and Recovery* (Third Edition) (Hogrefe Publishing, 2014). His other books include *Forward Facing Trauma Therapy* (Compassion Unlimited, 2016) and is the co-author of the co-authored *Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment* (PESI, 2017). Additionally, Dr. Gentry has published many research articles, book chapters, and periodicals in this maturing area of study. He has a private clinical and consulting practice and is adjunct faculty at many universities. Dr. Gentry draws equally from his scientific study and from his rich history of 30+ years of clinical experience with trauma survivors to balance this training with current, empirically grounded information and experienced-based compassionate intervention skills. You will be challenged, inspired, and uplifted by Dr. Gentry and this unique training.

Speaker Disclosure:

Financial: J. Eric Gentry receives compensation as Owner of Compassion Unlimited. He receives royalties as an author for Hogrefe & Huber Publishing. Dr. Gentry receives a speaking honorarium from PESI, Inc.

Non-financial: J. Eric Gentry has no relevant non-financial relationship to disclose.



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