### **OUTLINE**

Post-Traumatic Stress Disorder vs. Complex PTSD: Understand the Difference

Acute traumatic stress, PTSD, Complex PTSD Diagnostic clarification, differential diagnosis and co-morbidities

Key contributing factors of Complex PTSD The common symptoms of Complex PTSD

### The Neurobiology of PTSD:

**Beyond Fight and Flight** Polyvagal Theory

Stages of trauma response Trauma specific psychopharmacology Heart Rate Variability and the Social Nervous System Interpersonal Neurobiology Psychobiological regulation Rupture and repair Implications of childhood neglect or abuse Neuroplasticity and Complex PTSD

### Psychological and Physiological Repercussions of Complex PTSD:

A Deeper Understanding for Accurate Assessment Intrusive symptoms and anxiety Emotional dysregulation: Outbursts of anger and debilitating shame Avoidance symptoms and phobic reactions to traumatic material Interpersonal problems and difficulty being close to others Dissociation and dysregulation Cognitive distortions and compromised meaning making

Physical health problems, ACE factors and painful somatization

Preverbal and nonverbal memories Disturbing somatic sensations Depressive symptoms

#### Learned helplessness and shame Therapeutic Interventions for Complex PTSD:

Summary of Effective Therapies Psychodynamic and Relational Therapy Psychobiological perspectives: Polyvagal Theory Cognitive Behavioral Therapy (CBT) Dialectical Behavioral Therapy (DBT) EMDR Therapy Somatic Psychology Parts Work Therapy: Work with Ego States Complementary and Alternative Medicine (CAM): Mindfulness, yoga, and integrative healthcare

#### Integrative Treatment for Complex PTSD:

Putting it All Together for an Effective Treatment Plan A Biopsychosocial Approach: Partner with clients to build a health care team Goal of treatment: Memory retrieval vs. trauma recovery History taking: Identify chronic, repeated, and/or developmental trauma events

### **Target Audience**

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

Cultural factors and Complex PTSD Recognize attachment injuries Identify parts, ego states and defenses Assess for dissociation ("fragmentation") *Clinical Vignette #1* Mutual regulation and relational repair in therapy Prepare for trauma processing: Develop resources and

stability Working with parts of self Work through traumatic memories: EMDR and Somatic Psychology *Clinical Vignette #2* Grief work in Complex PTSD

### Experiential Interventions: Mind-Body Practices for Clients with Complex PTSD

Conscious breathing for self-regulation Grounding and sensory awareness Containment: Reclaim choice and control Build imaginal allies Cultivate mindfulness, acceptance, and self-compassion Somatic interventions: Titration, sequencing, and somatic re-patterning Bilateral stimulation and dual attention in EMDR

Integrate and Instill positive change

Therapy Potential risks and limitations of mind-body therapies

### Special Considerations in Complex Trauma Treatment Working with preverbal and nonverbal memories

Working with transgenerational trauma Somatization, chronic pain and illness Gate Control Theory Mindfulness years and compassion based into

Mindfulness, yoga, and compassion-based interventions *Clinical Vignette #3* 

## Fostering Resilience: For Post-Traumatic Growth and Healing

Learn the 6 Pillars of Resilience

Trauma recovery and the bell curve

Resilience as a process and an outcome Help clients move from learned helplessness to learned

optimism Post-Traumatic Growth: Help clients reach their potential

Vicarious Trauma: Improve Client Outcomes Through Effective Self-Care

Identify resources that improve your clinical skills In-session self-care to improve focus on the client and therapeutic process Burnout prevention techniques

Burnout prevention techniques

#### Live Webcast Schedule (all 3 days) (Times listed in Central)

8:00 Program begins

12:00-1:00 Lunch Break

5:30 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.

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A Strength-Based Approach for Treating Complex PTSD

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# Complex Trauma Certification Training

# A Strength-Based Approach for Treating Complex PTSD

# Featuring Arielle Schwartz, PhD

trauma expert, author and presenter

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# **Complex Trauma Certification** Training

Many clinicians are trained in the treatment of single traumatic events, but are not fully equipped to treat Complex PTSD. The traditional approaches to the treatment of PTSD can fall short when working with clients with Complex PTSD. Attend this workshop to learn how you can adapt your therapeutic approach to help clients diagnosed with Complex PTSD achieve more successful outcomes.

The most common guestion asked when treating Complex PTSD is, "where do I start?". In this training, you will develop confidence in your ability to successfully organize and prioritize your client's treatment goals. You will learn how to compassionately and effectively work with clients who have experienced multiple traumatic events and prolonged trauma exposure.

Successful treatment requires a compassionate therapeutic relationship and effective, research-based interventions. After this three-day training you will learn how to:

- Help clients move out of crisis by building stabilizing resources
- Prepare clients to work through traumatic memories without becoming overwhelmed
- Develop an integrative trauma treatment plan that includes CBT, DBT, EMDR Therapy, Somatic Psychology, Parts Work Therapy, and Complementary and Alternative Medicine (CAM)

Join Dr. Arielle Schwartz, trauma expert, trainer and author of The Complex PTSD Workbook, in this engaging and interactive seminar to learn valuable strategies that will allow you to successfully address the dysregulated affect and arousal states that accompany Complex PTSD. You will leave this seminar with practical tools that facilitate a strength-based approach to trauma recovery and increased resilience in clients.

### **Bonus!**

### Become A Certified Clinical Trauma Professional Level II (CCTP-II)!

Best of all, upon completion of this live training, you'll be eligible to become a Certified Clinical Trauma Professional Level II (CCTP-II)\* through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of trauma counselling. Professional standards apply.

Visit www.evergreencertifications.com/CCTP2 for details.

\*To earn your CCTP Level 2 Certification, you must already hold CCTP certification or evidence equivalency.

### Speaker

Arielle Schwartz, PhD, is a licensed clinical psychologist and EMDR consultant with a private practice in Boulder, Colorado. She is the co-author of EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment (Schwartz & Maiberger, 2018, W. W. Norton) and the author of The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole (Schwartz, 2016, Althea Press). Dr. Schwartz is an international presenter on EMDR Therapy, Somatic psychology, Complex PTSD, Attachment Trauma, and the psychological treatment of chronic pain. She is a certified Kripalu yoga instructor offering therapeutic yoga for trauma recovery. Her integrative approach to therapy includes the synthesis of somatic psychology, EMDR Therapy, structural integration theory, existential therapy, and Gestalt-all with a strong relational foundation of care.

#### Speaker Disclosure:

Financial: Arielle Schwartz is in private practice. She is an author for W.W. Norton and receives royalties. Dr. Schwartz receives a speaking honorarium from PESI, Inc.

Non-financial: Arielle Schwartz is a member of American Psychological Association (APA); EMDR International Association (EMDRIA); and Colorado Association of Psychotherapists (CAP).



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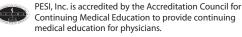
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