

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
Integrate and Instill positive change

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
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, 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

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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Complex Trauma Certification Training

A Strength-Based Approach for Treating Complex PTSD

LIVE Interactive Webcast

Monday - Wednesday, Nov. 30 - Dec. 2, 2020

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A Strength-Based Approach for Treating Complex PTSD

Featuring **Arielle Schwartz, PhD**
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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 question 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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