

# 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

**Live Webinar Schedule** (both days)  
(Times listed in Eastern)

**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.

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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.

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Clinical Trauma Professional** (CCTP) 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/CCTP](http://www.evergreencertifications.com/CCTP) for details.

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

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- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Clinical Trauma Professional through Evergreen Certifications is complete.\*

*Attendees will receive documentation of CCTP designation from Evergreen Certifications 4 to 6 weeks following the program.*

*\*Professional standards apply. Visit [www.evergreencertifications.com/CCTP](http://www.evergreencertifications.com/CCTP) for professional requirements.*

**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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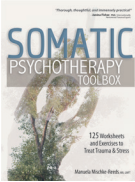
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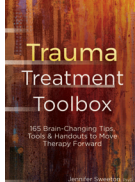
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125 Worksheets and Exercises to Treat Trauma & Stress  
By Manuela Mischke-Reeds, MA, MFT  
~~\$34.99~~ **\$24.99\***  
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**Trauma Treatment Toolbox**  
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