

# OUTLINE

## The Living Legacy of Traumatic Experience

The neurobiology: how ‘the body keeps the score’  
How the brain helps us survive  
What perpetuates PTSD?  
Working with a traumatized nervous system in clinical practice  
Risks, limitations and the nature of the latest research

## Empower Trauma Survivors

Psychoeducation: the value and meaning of language  
Making skill-building a relational experience  
The challenge of post-traumatic coping  
Recovering from self-destructive patterns of coping  
Worksheet: 10% Solutions  
Worksheet: Tracking Abstinence/Relapse Cycles

## Neurobiologically-informed Trauma Treatment Approaches & Tools

Sensorimotor Psychotherapy: principles and interventions for resolving symptoms  
Somatic interventions to help clients regulate autonomic regulation  
Working with traumatic attachment patterns

Changing attachment patterns  
Worksheet: How can you tell you are triggered?  
Worksheet: Trauma and the window of tolerance

## Trauma-Related Fragmentation and Dissociation

The structural dissociation model  
Identify the traumatized parts  
Using a parts-model in with fragmentation

## Resolution and the Potential for Greater Trauma Recovery

Building a compassionate relationship to one’s selves  
Mindfulness techniques specific for trauma survivors  
More client worksheets  
Integrate presented tools in clinical session

## LIVE WEBINAR 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.

# OBJECTIVES

1. Determine the autonomic, cognitive, affective and somatic effects of traumatic events.
2. Practice psychoeducational interventions that support stabilization or offer relief to traumatized clients.
3. Implement mindfulness-based techniques to challenge conditioned patterns of response.
4. Integrate somatic interventions that regulate a traumatized nervous system.
5. Utilize worksheets to discover and address trauma-related symptoms.
6. Assess the nature of current research, limitations of working with somatic techniques in trauma.

FREE

## Instructional Video & Case Study

Featuring Janina Fisher, Ph.D.

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# The ‘Living Legacy’ of Trauma with Janina Fisher, PhD

Tangible Tools to Transform Clinical Practice

**Live Interactive Webinar**  
**Wednesday, March 10, 2021**

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# The ‘Living Legacy’ of Trauma with Janina Fisher, PhD

Tangible Tools to Transform Clinical Practice



featuring

**Janina Fisher, PhD**

Internationally-Renowned  
Trauma Expert & Author

## Targeted tools to overcome:

- dysregulated autonomic arousal
- overwhelming emotions

## Become confident:

- Integrate neurobiologically-informed treatment techniques in your sessions

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

**Live Interactive Webinar**

**Wednesday**  
**March 10, 2021**

# The ‘Living Legacy’ of Trauma with Janina Fisher, PhD

After the overwhelming experience is over and they have survived, traumatized individuals are left with only a fragmented, confusing sense of what happened.

Traumatic reminders continue to keep the trauma ‘alive’ by repetitively re-activating the stress response system and survival defenses. Unaware that these reactions are traumatic memories held in the body, clients assume that they are still in danger or somehow at fault.

Without a way to understand sensory and body memories, survivors of trauma come to either distrust themselves or distrust others. Telling the story of what they remember sometimes brings relief but does not resolve the ‘living legacy’ of traumatic reactions that continue to torment the client day after day.

Join trauma expert, clinician and author **Janina Fisher, PhD**, and **learn how to assess and make sense of trauma-based symptoms**, such as:

- dysregulated autonomic arousal
- overwhelming emotions and sensations
- intrusive images
- numbing and disconnection

Discover how to use psychoeducation to **help clients manage these overwhelming symptoms** and begin to change their relationship to the traumatic events.

**Become confident** in how to integrate neurobiologically-informed treatment techniques into your psychotherapy.

Don’t delay! Sign up today and help clients overcome their traumatic symptoms - and finally put the past trauma to rest.



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## MEET YOUR SPEAKER



**Janina Fisher, Ph.D.**, is a licensed clinical psychologist and former instructor at The Trauma Center, a research and treatment center founded by Bessel van der Kolk. Known as an expert on the treatment of trauma, Dr. Fisher has also been treating individuals, couples and families since 1980.

She is past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, assistant educational director of the Sensorimotor Psychotherapy Institute, and a former instructor, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

She is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* (2017) and the forthcoming book, *Working with the Neurobiological Legacy of Trauma* (2021).

### Speaker Disclosure:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.  
Nonfinancial: Janina Fisher has no relevant nonfinancial relationship to disclose.

### Target Audience:

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

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Marriage and Family Therapists, Nurses, Psychologists, and Social Workers**

For specific credit approvals and details, visit [pesi.com/webcast/84558](http://pesi.com/webcast/84558)

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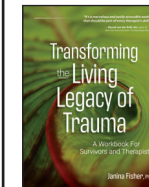
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## Recommended Reading:

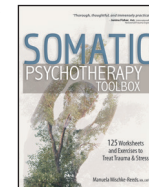


PUB086530

**Transforming The Living Legacy of Trauma**  
*A Workbook for Survivors and Therapists*

Janina Fisher, Ph.D.

~~\$29.99~~ **\$22.99\***



PUB085450

**Somatic Psychotherapy Toolbox**  
*125 Worksheets and Exercises to Treat Trauma & Stress*

Manuela Mischke-Reeds, MA, MFT

~~\$34.99~~ **\$24.99\***

*\* Discount Included with purchase of the Webinar*

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