## **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

## **Proven Skills and Techniques from Evidence-Based Approaches:**

#### **Somatic Approaches:**

trauma/cognitive work

Address Physical Symptoms of Trauma Relevance of Polyvagal theory and early trauma

Assess for readiness to apply somatic

Teach body awareness Manage unease with "Felt sense"

exercises

Resourcing strategies to create a safe

**Learning Objectives** can be viewed at pesi.com/webcast/84857

## **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

Adaptive Information Processing Theory

### **EMDR-Based Techniques:**

#### **Resolve Traumatic Memories**

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"

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

### **Reintegration and Post-Traumatic Growth**

Better than normal - the neuroscience of post-traumatic growth

The therapeutic alliance as a brain-based

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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- Interventions from today's most effective treatment approaches
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# 2-DAY INTENSIVE

## TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

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 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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- 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

\*Professional standards apply. Visit 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.

#### **CE CREDITS AVAILABLE FOR LIVE WEBINAR**

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This program is Approved by the National Association of Social Workers (Approval # 886759332-6428) for 12.5 Social Work continuing education contact hours

Earn up to 12.5 CE PESI, Inc., #1062, is Hours for one social work continuing education by the low price! Association of Social Work Boards (ASWB) Approved Continuing Education (ACF)

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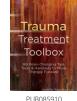
## **Recommended Reading:**



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

By Manuela Mischke-Reeds, MA, MFT

\$34.99 \$24.99\*



165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

Trauma Treatment Toolbox

Jennifer Sweeton, Psy.D., M.S., M.A.

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