

## Outline

### Behavioral Activation (BA) as a Treatment Strategy

Strategies for trauma, anxiety, and depression  
Assessing post-trauma behavioral changes  
How to assess trauma related symptoms in different life domains  
Uncover obstacles that interfere with treatment engagement

### Triggers, Avoidance, and Safety Behaviors

Examine behavioral patterns that contribute to trauma-related symptoms  
Functional analysis and behavioral chains - connect problem behaviors and traumatic experiences  
Identify maladaptive coping strategies, avoidance and safety behaviors, and addictive behaviors  
Situations that trauma survivors frequently avoid  
Strategies to build mastery and regain confidence  
One survivor's story: learning to recognize sneaky triggers, avoidance, and safety behaviors

### How to Pinpoint Areas of Desired Change with Clients

Values assessment to identify specific achievable goals  
Establish target behaviors  
Create personalized plan for post-traumatic growth  
Activity hierarchies tailored to client needs  
Transform individual goals into workable steps to foster achievable progress between sessions  
One survivor's story: where to begin when so much feels wrong

### Take Action with Behavioral Activation: Tools and Techniques to Re-engage Clients with Their Lives

Techniques for building healthy habits and reducing unhealthy habits  
Relearn to tolerate situations and return to meaningful activities  
User-friendly home practice assignments that allow clients to assess their daily habits in relation to their goals and values  
One survivor's story: sticking to the plan, one small step at a time

### Behavioral Activation Strategies to Overcome Treatment Challenges

The therapeutic relationship: session avoidance, lack of engagement and treatment drop out  
Identify and target commonly co-occurring issues  
Emotional, behavioral, and interpersonal dysregulation  
Substance use disorders  
Sleep disruptions  
One survivor's story: when in-person interactions are off limits

### Measure Progress and Continued Growth

Use measurement-based care to assess progress  
Identify successes and areas for continued growth  
Update the treatment plan  
One survivor's story: treatment flexibility is the key to recovery  
Limitations of the research and potential treatment risks

### 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.



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# Behavioral Activation for Trauma

Clinical Applications to Reduce Avoidance Behaviors  
and Re-Engage Your Clients with the World

## LIVE Interactive Webinar Friday, June 25, 2021

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# Behavioral Activation for Trauma

Clinical Applications to Reduce Avoidance  
Behaviors and Re-Engage Your Clients  
with the World

- Break chronic patterns of avoidance that can exacerbate your clients' symptoms
- Build your clients mastery and confidence to resume activities and re-engage in their lives
- Step-by-step guidance on using BA as a standalone treatment or to complement other treatment approaches
- Clear and concise strategies to improve client engagement and retention

## Live Interactive Webinar Friday, June 25, 2021

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Clients with trauma often avoid anything that reminds them of it. As they withdraw to perceived safety, they soon find themselves engaging in fewer and fewer activities, abandoning positive behaviors, and neglecting the relationships that brought them joy and meaning.

It’s a chronic pattern of avoidance that maintains and worsens their symptoms. And without breaking this pattern your treatment plan may be going nowhere.

**Behavioral Activation (BA) gives you the tools you need to meet avoidance behaviors head-on** and re-engage clients in the activities that provide them with the safety, confidence and support they need to stay in therapy and drop down into uncomfortable emotions and memories with you in sessions. Beneficial both as a stand-alone intervention for PTSD as well as a valuable preparation tool for trauma-focused treatments you’re already using, BA helps clients **decrease patterns of avoidance and reduce their PTSD symptoms** through identification and attainment of target behaviors.

This **live one-day training will give you a step-by-step guide for using Behavioral Activation in your trauma practice** so you can help clients reduce avoidance, resume valued behaviors and re-engage in their lives!

- Attend and discover:
- A step-by-step guide for developing the safety necessary to reduce avoidance behaviors
  - How to utilize Behavioral Activation techniques in-session
  - Accessible home practice exercises
  - Practical interventions to combat the real-world challenges trauma survivors face every day at work, home, and in relationships
  - Techniques you can use immediately with trauma survivors to improve outcomes, regardless of where they’re at in the recovery process

*You can’t afford to leave this valuable therapeutic approach out of your trauma treatment toolbox!*

**Register today!**

## Objectives

1. Assess pre-treatment functioning and the impact of trauma-related symptoms in different life domains.
2. Utilize tools from Behavioral Activation for activity monitoring, values assessment, and goal setting with clients.
3. Create individualized exposure hierarchies using subjective units of distress and determine how clinicians can safely increase the intensity of home practice activities.
4. Evaluate how Behavioral Activation can be used in conjunction with other trauma treatment approaches to help clients relearn to tolerate situations and return to meaningful activities.
5. Evaluate the research and research limitations of Behavioral Activation techniques impact on trauma symptomology.
6. Utilize BA techniques to help clients build healthy habits and reduce unhealthy habits.

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## Behavioral Activation for Trauma

Clinical Applications to Reduce  
Avoidance Behaviors and  
Re-Engage Your Clients  
with the World

## Speaker

**LISA CAMPBELL, PHD**, is the program coordinator for the VA San Diego, South County PTSD Clinical Team. Dr. Campbell specializes in the treatment of PTSD and over the past 20 years has treated all types of trauma survivors, both for the VA and in her private practice.

Dr. Campbell is the co-author of *Behavioral Activation for PTSD: A Workbook for Men* (Althea Press, 2018) and an assistant professor of psychology at the University of California, San Diego where she plays an active role in training psychologists. She earned her Ph.D. in clinical psychology from the University of Nevada, Reno.

Speaker Disclosures:  
Financial: Lisa Campbell is the program coordinator for the Post Traumatic Stress Disorder Clinical Team at the VA San Diego Healthcare System. She is an assistant clinical professor at the University of California, San Diego. Dr. Campbell receives a speaking honorarium from PESI, Inc.  
Non-financial: Lisa Campbell has no relevant non-financial relationship to disclose.

### Target Audience:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists  
Physicians • Addiction Counselors • Psychiatrists • Nurses • Other Mental Health Professionals

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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For specific credit approvals and details, visit [pesi.com/webcast/85019](http://pesi.com/webcast/85019)

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**\$219.99** tuition

8am Mountain time

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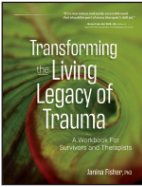
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## Recommended Reading:

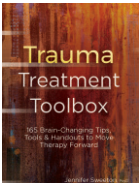


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**Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists**

Janina Fisher, Ph.D.

~~\$29.99~~ **\$19.99\***



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**Trauma Treatment Toolbox**  
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

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

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*\* Discount Included with purchase of the Webinar*

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