

Outline

The Neuroscience of Trauma in a Nutshell: *The Clinicians Quick Guide to the Brain Affected by Trauma*

Amygdala
Insula
Hippocampus and cortical areas

Why Some Evidence-Based Trauma Therapies “Fail”

Timing is everything
Overwhelm and flooding
Numbing or dissociative responses
Failure or user error?

Order of Operations for Trauma Treatment: *Improve Therapy with What Brain Science Tells Us*

First step -- address lower brain regions with sensory, body-based and other bottom-up techniques

Next step - target higher brain regions with cognitive techniques and other top-down techniques

Process trauma using a combination of bottom-up and top-down techniques

Live Webinar Schedule (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.

9 Must-Have Trauma Techniques *Proven Strategies for Effective Stabilization and Resourcing in Treatment*

Sensory awareness techniques for insula regulation

Grounding and advanced grounding
Interoception
Body-based approaches

Attunement techniques for amygdala de-activation

How to activate mirror neurons
Co-regulation
Embedded relational mindfulness
Mirroring and following

Movement-based techniques for insula regulation and amygdala de-activation

Resource tapping
Bilateral movement

Safely Process Traumatic Memories with *Desensitization and Exposure*

Determining which clients may benefit from exposure work

Monitoring distress

Importance of repeated exposure

Therapies that integrate desensitization and exposure

Ways to speed up desensitization

Research, treatment risks and limitations

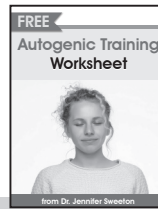
Objectives

1. Determine how the neurological consequences of trauma can lead to resistance in therapy.
2. Evaluate how neurological processes in the brain regions impacted by psychological trauma can inform choice of therapeutic techniques.
3. Analyze neuroscience supporting a trauma treatment sequence.
4. Utilize sensory awareness techniques in-session to increase felt safety in clients.
5. Employ bilateral movement techniques in session to de-activate the amygdala.
6. Apply therapies that integrate desensitization and exposure to help clients process traumatic memories.

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9 MUST-HAVE TRAUMA TREATMENT TECHNIQUES

LIVE Interactive Webinar

Friday, July 23, 2021

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9 MUST-HAVE TRAUMA TREATMENT TECHNIQUES

THE CLINICIAN'S GUIDE TO IMPROVED STABILIZATION,
RESOURCING AND PROCESSING



Featuring **Dr. Jennifer Sweeton**
Psychologist, author, and internationally-recognized expert on trauma

- ✓ Connect trauma clients to their bodies and set the stage for effective therapy
- ✓ Exercises and interventions to help clients safely process traumatic memories
- ✓ What to do when evidence-based approaches aren't working as expected
- ✓ Discover the proper order of treatment for more rapid healing and less resistance

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9 MUST-HAVE TRAUMA TREATMENT TECHNIQUES

Dr. Jennifer Sweeton is a licensed clinical psychologist, author, and internationally-recognized expert on trauma whose trainings have helped thousands of clinicians across the world take their trauma treatment to the next level. In over a decade of treating trauma clients, she’s discovered that the biggest mistake you can make as a clinician is jumping too quickly into therapies -- **doing all the right things at all the wrong times!**

Join Dr. Sweeton for this **live one-day training** as she gives you a **roadmap to improving your trauma treatment with 9 of the techniques she’s found most effective** in cultivating safety and groundedness in clients, helping them safely reprocess traumatic memories, and developing the resources they need to achieve and maintain recovery.

Plus Dr. Sweeton will give you **the keys to applying these techniques in the correct sequence** so you can make progress more quickly and eliminate the frustration of indiscriminately utilizing strategies that aren’t optimized for the current stage of treatment!

Don’t wait...register today!

Target Audience:

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



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Sometimes even the best evidence-based treatments fall short as clients dissociate, become numb and recall specifics in your sessions in a “cold-hard facts” kind of way. When these clients can’t connect their traumatic memories to actual feelings, resistance to therapy can grow and therapeutic progress can creep to a halt.

What do you do when some of the best trauma treatments in your clinical toolbox fail to deliver?

Meet Your Speaker

Dr. Jennifer Sweeton, is a licensed clinical psychologist, author, and internationally-recognized expert on trauma and anxiety. Dr. Sweeton was trained in the use of several gold standard trauma treatments during her time as a clinical psychologist with the U.S. Department of Veteran’s Affairs and is the author of *Trauma Treatment Toolbox: 165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward* (PESI Publishing, 2019).

Dr. Sweeton 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 is a past president of the Oklahoma Psychological Association and the Greater Kansas City Psychological Association. She also holds adjunct faculty appointments at the University of Kansas School of Medicine. 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 Disclosure:

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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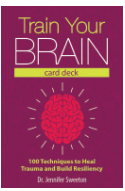
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Recommended Reading:

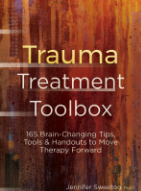


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