

# Outline

## A Brief History and Evolution of Traumatic Stress, Grief & Loss

Systemic traumatic stress theory  
Symptom review  
Review of effective treatments  
Tri Phasic model  
Most commonly used instruments to assess traumatic stress

## Core Competencies of Traumatic Stress, Grief & Loss

### Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

Precipitating events  
Meaning making  
Physiology of trauma  
Perception

### Adaptive and maladaptive coping behaviors

Trauma adaptation  
Systemic influences  
Emotional & psychological stressors  
Integrated theoretical concepts from stress, crisis & trauma theories  
Information processing model  
Psychosocial model

### Review of Effective Treatment Interventions

Cognitive Behavioral Techniques (PE, CPT & SIT)  
EMDR & Bilateral Stimulation  
Thought Field Therapy (TFT)/Emotional Freedom Techniques (EFT)  
Sensorimotor

### The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

Affective volatility  
The body keeps the score  
Neurobiology and biology of traumatic stress

### The Impacts of Traumatic Stress Over Time & Across & Within Developmental Stages

Epigenetics  
Reactive Attachment Disorder  
Adrenal fatigue

### The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

Traumagenesis  
Traumaddiction  
Comorbidity

## Live Seminar & Webinar Schedule

*(Times listed in Eastern)*  
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch *(on your own)*  
**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.

## Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

Systemic perspective  
Strengths perspective  
Survivor metaphor

## Traumatic Stress Exists Across the Continuum of Systemic Levels

Systemic trauma theory  
Community trauma  
Vicarious secondary traumatization

## Theories of Traumatic Stress, Loss and Grief

Information processing model  
Psychosocial model  
Contemporary thoughts

## Bereavement and Adjustment Disorders

Supporting normal bereavement  
Treating complicated bereavement

## Assessment of Traumatic Stress Disorders

Diagnostic and Statistical Manual of the APA  
DSM-5® changes  
ACE & developmental trauma  
Diagnosing PTSD with the PCL-5

## Evidence-Based Techniques/Interventions

Relaxation/self-regulation  
Grounding  
Containment  
Writing/journaling  
Drawing art  
Healing metaphors  
Transitional objects

## Demonstrations: Interactive Exercises/Application of Skills

Cognitive Behavioral Techniques  
Narrative Exposure Therapy Technique  
Thought Field Therapy (TFT)  
Bilateral Stimulation

## Limitations of the Research and Potential Risks

Limitations of many accepted models of trauma treatment  
Weaknesses and limitations of evidence-based trauma treatment models  
Limitations of the diagnostic (DSM-5 ®) system  
Limitations and potential risks in grief work, due to research scarcity on the topic

## Closure: Lessons Learned

Learning Objectives can be viewed at [pesi.com/express/85809](http://pesi.com/express/85809)

## Free Worksheets

### The Power of the Reframe

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The essential elements are common to all evidence-based trauma treatments, you will learn how you can integrate this framework with your current approach or methodology to make your trauma treatment even more effective!

This trauma competency training can **transform your clinical practice and help improve your trauma treatment outcomes**, just as it has for other clinicians around the world.

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.

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- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
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*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.*



### Target Audience:

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



If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

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## Meet Your Speaker

**Eric Gentry, Ph.D., LMHC**, is an internationally recognized leader in the field of disaster and clinical traumatology, having trained thousands of professionals and paraprofessionals worldwide in the treatment of traumatic stress. His doctorate is from Florida State University where he studied with Professor Charles Figley, one of the pioneers of traumatic stress. Dr. Gentry was one of the original faculty members of the Traumatology Institute and later became the co-director of the International Traumatology Institute at the University of Southern Florida. Dr. Gentry, along with Dr. Anna Baranowsky, is the co-author and co-owner of the Traumatology Institute Training Curriculum – 17 courses in field and clinical traumatology leading to seven separate certifications.

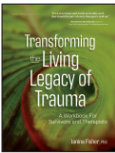
Dr. Gentry has been a clinical member of several CISM teams and has provided assistance in many different disaster and critical incidents including Oklahoma City, New York City, and hurricanes in Florida. He was the developer of the Community Crisis Support Team, which began in Tampa, Florida, and has become a model for communities to integrate mental health services into their disaster response network.

Speaker Disclosure:  
Financial: J. Eric Gentry receives compensation as Owner of Compassion Unlimited. He receives royalties as an author for Hogrefe & Huber Publishing. Dr. Gentry receives a speaking honorarium from PESI, Inc.  
Non-financial: J. Eric Gentry has no relevant non-financial relationship to disclose.

To view the full bio, visit [pesi.com/express/85809](http://pesi.com/express/85809)

## Recommended Reading:

Purchase this training for these exclusive savings!



**Transforming The Living Legacy of Trauma**  
*A Workbook for Survivors and Therapists*  
**\$29.99 \$22.99**



**Trauma, PTSD, Grief & Loss**  
*The 10 Core Competencies for Evidence-Based Treatment*  
**\$24.99 \$19.99\***

## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, Webinar can be downloaded after completing the Webinar and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

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**Ohio Counselors:** CE credit is available. PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit. Tracking number: 20-634199

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### Psychologists & Physicians:

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#### Psychologists

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**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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## 4 Recommended Reading

- ☐ **\$29.99 \$22.99\*\* Transforming The Living Legacy of Trauma** book PUB086530
- ☐ **\$24.99 \$19.99\*\* Trauma, PTSD, Grief & Loss** book PUB084790

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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