OUTLINE

How Trauma is Created and Maintained in Families

Neurological substrates and sources of trauma Trauma as a disruption of trust Personal innate resiliency Impacts on family culture

- Responses of the people around the person experiencing the trauma
- Maintenance of trauma effects

(re-traumatization, dismissive of actual trauma, ignorance)

A Systemic Approach in Trauma Treatment: How Treating Families Instead of Individuals Improves Outcomes

Families as the source of healing for trauma Create secure connections and increase resiliency

Build trust as it relates to anxiety, fear, threat Bowenian Family Therapy, Emotionally Focused Family Therapy and other systemic models Research, risks and treatment limitations

Stabilize Families for Treatment with Safety Planning:

A Clinician's Guide to Establishing Physical and Emotional Safety

Risk Assessments Systemic Safety Planning How to customize the safety plan Managing physiological responses Integrating with treatment

Early Session Strategies to Enhance Family Engagement

When it's a bad idea to include the whole family Assessing for DV and other risks Use family sculpting to reveal family dynamics Working individually in order to work systemically

Games and activities to:

Assess a child's self-esteem and world view Increase open communication Identify themes to be explored in future sessions

Family System Self-Regulation:

Coping Skills to Modulate Emotions and Trauma Responses Implementation How to notice warning signs early Using coping skills for calm Identifying primary emotions

Learning Objectives can be viewed at pesi.com/webcast/86459

The Key to Making and Maintaining Progress: Teach Caregivers to Depersonalize and Better Respond to Trauma Driven Behaviors Identifying reactions Scripts Case studies Role-plays to ensure proper implementation

Solutions for Defenses, Deflections and Frustrations:

Effective Strategies and Interventions to **Overcome Resistance and Help Families Grow** Preparing families for resistance to growth Tips for reframing the problem as the solution Effective ways to deal with deflection and defenses

The difference between deflection, projection, and transference

Ego defense mechanisms or personality disorder? FAIR intervention to mitigate frustration

Three phases of family growth (Protect, Prepare, Participate)

The Trust and Connection Toolkit: How to Improve Communication, Set Healthy

Boundaries and Rebuild Trust Practical tips for educating families on boundaries

The House Metaphor for understanding boundaries

Reinforcing boundaries after setting them Boundaries vs rules – the benefits of agreements vs. control

Rebuilding trust – what works and what doesn't Trust Equation – an online assessment

Shame, Guilt and Judgement in Family Trauma Treatment:

Exercises to Facilitate Forgiveness, Build Empathy and Move Families Forward

Addressing shame in family systems Overcome the impact of survivors' guilt on families

How family members can stop "shoulding" themselves

The Forgiveness Triangle (Empathy, Grief, Meaning)

Exercises to facilitate the forgiveness of self

Live Webinar Schedule (both days) (Times listed in Central)

8:00 Program begins 11:50-1:00 Lunch Break

4:00 Program ends here 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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When children and adolescents are exposed to trauma it affects everyone in the family.

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*Professional standards apply. Visit www.evergreencertifications.com/CFTP for professional requirements.

SPEAKER

Nathan D. Croy, LCMFT, CFTP, is a clinically licensed marriage and family therapist with extensive experience working with families, teenagers and children impacted by trauma, depression, anxiety, addiction and abuse.

Nathan has been designated a Clinical Fellow by the American Association for Marriage and Family Therapy (AAMFT) and is a Certified Family Trauma Professional (CFTP) through Evergreen Certifications. He is also trained in Trauma Systems Therapy, Parent Management Training and EMDR.

In addition to private practice, Nathan has extensive experience working in outpatient and inpatient settings including in foster care systems, a psychiatric hospital and as a therapist at The University of Kansas Hospital. He earned his masters in marriage and family therapy from Bethel Seminary.

Speaker Disclosures

Financial: Nathan Croy maintains a private practice. He receives a speaking honorarium from PESI, Inc Non-financial: Nathan Croy is a Clinical Fellow by the American Association for Marriage and Family Therapy.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit pesi.com/webcast/86459

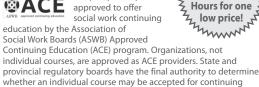
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Recommended Reading:

The Family Therapy Workbook 96 Guided Interventions to Help Families Connect, Cope, and Heal Kathleen Mates-Youngman, MFT, RYT200

\$29.99 \$22.99*



We All Have Parts

An Illustrated Guide To Healing Trauma With Internal Family Systems Colleen West, a licensed family therapist

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