

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 trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

Somatic Approaches:
Address Physical Symptoms of Trauma
Relevance of Polyvagal theory and early trauma
Assess for readiness to apply somatic tools
Teach body awareness
Manage unease with “Felt sense” exercises
Resourcing strategies to create a safe space

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

EMDR-Based Techniques:
Resolve Traumatic Memories
Adaptive Information Processing Theory
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” exercise
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 use
Reintegration and Post-Traumatic Growth
Better than normal - the neuroscience of post-traumatic growth
The therapeutic alliance as a brain-based approach
The power of forgiveness in moving forward
Meaning making exercises

Research, Limitations and Potential Risks

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Thursday & Friday, August 25 & 26, 2022

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Learning Objectives can be viewed at
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Live Webinar Schedule (both days)
(Times listed in Central)

9:00 Program begins

11:50-1:00 Lunch Break

5:00 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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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.

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Target Audience:

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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 for professional requirements.*

SPEAKER

Arielle Schwartz, PhD, is a licensed clinical psychologist and EMDR consultant with a private practice in Boulder, Colorado. She is the co-author of *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (Schwartz & Maiberger, 2018, W. W. Norton) and the author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* (Schwartz, 2016, Althea Press). Dr. Schwartz is an international presenter on EMDR Therapy, Somatic psychology, Complex PTSD, Attachment Trauma, and the psychological treatment of chronic pain. She is a certified Kripalu yoga instructor offering therapeutic yoga for trauma recovery. Her integrative approach to therapy includes the synthesis of somatic psychology, EMDR Therapy, structural integration theory, existential therapy, and Gestalt—all with a strong relational foundation of care.

Speaker Disclosures:
Financial: Dr. Arielle Schwartz maintains a private practice. She receives a speaking honorarium from The Maiberger Institute, AGATE Institute, PESI, Inc., Sounds True, and NScience. She receives royalties as a published author. Dr. Schwartz receives recording and book royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Arielle Schwartz serves on the board of directors for the Grief Support Network in Boulder, Colorado, and she is a yoga instructor at the City of Boulder Recreation Center. Dr. Schwartz is a member of The American Psychological Association (APA), EMDRIA, and the Colorado Association of Psychotherapists.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit pesi.com/webcast/87417

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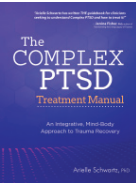
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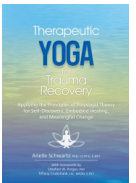
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Recommended Reading:



The Complex PTSD Treatment Manual
An Integrative, Mind-Body Approach to Trauma Recovery
Arielle Schwartz, PhD - seminar speaker!
~~\$29.99~~ **\$22.99***
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