

# 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 Webinar Schedule - both days (Times listed in Central)

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.

## 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

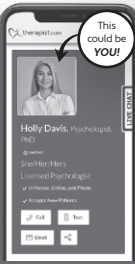
## Closure: Lessons Learned

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\*Professional standards apply. Visit [www.evergreencertifications.com/CCTP](http://www.evergreencertifications.com/CCTP) for professional requirements.

## Meet Your Speaker

**Eric Gentry, PhD, 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: Dr. J. Eric Gentry is the owner and President of Forward-Facing Institute, LLC. and the CEO of Compassion Unlimited. He is an adjunct professor at the Florida Center for Theological Studies, Argosy University, and Webster University. Dr. Gentry is a consultant and receives compensation. He is a published author and receives royalties. He receives a speaking honorarium, book royalties, and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. J. Eric Gentry is a member of the American Counseling Association, the American Academy of Experts in Traumatic Stress, and others. For a complete list, please contact [info@pesi.com](mailto:info@pesi.com).

To view the full bio, visit [www.pesi.com/webcast/87490](http://www.pesi.com/webcast/87490)

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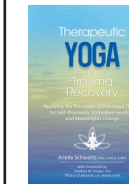
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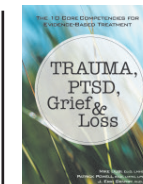


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Michael Dubi, Ed.D., LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, PhD, LMHC

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