

# Outline

**The Evolution of Traumatic Stress:**  
*Conceptualize how traumatic stress develops*

Systemic traumatic stress  
Symptom review for DSM-5-TR diagnosis  
Review of effective treatments  
Tri Phasic model  
Most used clinician friendly instruments to assess traumatic stress

**Core Competencies of Traumatic Stress Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress:**  
*How events can become symptoms*

Precipitating events  
Meaning making  
Physiology of trauma  
Perception

**Neurobiology and Biology of Traumatic Stress:**  
*Deeper understanding of the impacts of trauma*

Research of impact of trauma on the brain  
The biochemical, affective, and cognitive impact  
Affective volatility

**A Framework of Healing for Survivors of Traumatic Stress:**  
*The simplicity of trauma resolution*

“Active Ingredients” of all trauma treatments  
Cognitive Restructuring & Psychoeducation  
Therapeutic Relationship & Positive Expectancy  
Self-Regulation & Relaxation  
Exposure (in vivo & imaginal)  
Overview of research to support framework  
Strengths and systemic perspective

**Effective Treatment Interventions:**  
*Review of the go-to evidence-based approaches*

Cognitive behavioral techniques (PE, CPT & SIT)  
EMDR & bilateral stimulation  
In vivo exposure  
Energy/tapping techniques  
Somatic Experiencing & sensorimotor  
Limitations and weaknesses of evidence-based trauma treatment models

Learning Objectives can be viewed at [pesi.com/webcast/88144](https://pesi.com/webcast/88144)

**Assessment of Traumatic Stress Disorders:**  
*Connect clients to a diagnosis*

Diagnostic and Statistical Manual of the APA  
DSM-5-TR® changes and limitations  
ACE & developmental trauma  
Diagnosing PTSD with the PCL-5  
ACES (screening & psychoeducation)  
TRS (treatment planning and monitoring)

**Evidence-Based Strategies for Trauma Therapy:**  
*Skills to integrate for stabilization and treatment*

Relaxation/self-regulation  
Grounding  
Containment  
In vivo and imaginal exposure  
Writing/journaling  
Drawing art  
Healing metaphors  
Transitional objects

**Empowerment & Resilience Treatment Structure:**  
*Client adaptive and overdaptive coping behaviors*

Psychoeducation/cognitive restructuring  
Trauma adaptation  
Systemic influences  
Emotional & psychological stressors  
Information processing model  
Psychosocial model  
Posttraumatic growth & resilience

**Interactive Exercises/Application of Skills:**

*Live demonstrations to practice skills*  
Cognitive behavioral techniques  
In vivo exposure protocols to begin healing immediately  
Thought Field Therapy (TFT)  
Bilateral stimulation

**The Role of Traumatic Stress in Other Clinical Disorders:**

*Considerations for Personality Disorders, Dissociative Identity Disorder & more*  
Traumagenesis  
Traumaddiction  
Comorbidity

**Live Webinar Schedule - both days**  
*(Times listed in Mountain)*

**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.

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After decades of treating traumatic stress, we have learned that effective treatment can be simple... but it's not easy.

Studies indicate that there are four key elements to effective trauma treatment. When you accomplish these four key elements in treatment with your clients, you will be able to reduce their symptoms and improve clinical outcomes. Attend this workshop and you will walk away with a step-by-step **four-stage framework** for navigating essential elements of trauma treatment with your traumatized clients.

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 improve how you treat trauma. Join J. Eric Gentry, PhD, LMHC, DAAETS, FAAETS, CCTP as he shows you how this trauma competency training can give you **tools and techniques for your clinical practice and help improve your trauma treatment outcomes**, just as he 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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"This was the best online training experience that I have had to date!" – Marsha Vaughn, Counselor

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

## Meet Your Speaker



**J. Eric Gentry, PhD, LMHC, DAAETS, FAAETS, CCTP**, is an internationally recognized leader in the study and treatment of traumatic stress and compassion fatigue. His PhD is from Florida State University where he studied with Professor Charles Figley--a pioneer of these two fields. In 1997, he co-developed the Accelerated Recovery Program (ARP) for compassion fatigue - the world's only evidence-based treatment protocol for compassion fatigue. In 1998, he introduced the Certified Compassion Fatigue Specialist Training and Compassion Fatigue Prevention & Resiliency Training. These two trainings have demonstrated treatment effectiveness for the symptoms of compassion fatigue, and he published these effects in several journals. He has trained over 100,000 health professionals over the past 20 years.

He has written numerous chapters, papers, and peer-reviewed journal articles in the areas of traumatic stress and compassion fatigue. Dr. Gentry is a Master Traumatologist with over 35 years of clinical experience with trauma, Complex PTSD, personality disorders, and dissociation.

He is the president and CEO of The Forward-Facing® Institute and owner of Compassion Unlimited -- a private psychotherapy, training, and consulting practice in Phoenix, AZ.

**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/88144](http://www.pesi.com/webcast/88144)

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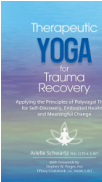
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## Recommended Reading:



PUB087285

**Therapeutic Yoga for Trauma Recovery**  
Applying the Principles of Polyvagal Theory for Self-Discovery, Embodied Healing, and Meaningful Change

Arielle Schwartz, PhD, CCTP-II, E-RYT

~~\$29.99~~ **\$22.99\***



PUB084790

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

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

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