

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/89047

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 Pacific)

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 for details.

Here's What Your Colleagues Are Saying!

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"The training was phenomenal! The knowledge that I received will not only help me in my practice but in my own life as well!" – Frances Okanovic, Counselor LMHC

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*Professional standards apply. Visit 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 maintains a private practice. He is the owner and President of Forward-Facing Institute, LLC., the CEO of Compassion Unlimited, and the co-director of Community Crisis Support Team. Dr. Gentry has employment relationships with the University of South Florida State, the Florida State University, the Florida Center for Theological Studies, the Argosy University, and the Webster University. He receives a speaking honorarium from Hirose & Associates. 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.

To view the full bio, visit www.pesi.com/webcast/89047

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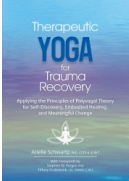
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