

# Outline

## How the Neuroscience of Traumatic Stress Informs Your Treatment Plan

- Impact on Brain Stem, Limbic System, & Pre-Frontal Cortex
- How Trauma Impacts Information Processing
- Indicators that a Client has Unprocessed Trauma
- How Understanding the Neurobiology Informs Treatment Plans

## Trauma Assessment Tools

- Trauma Symptomology
- Simple vs. Complex Trauma
- Intergenerational Trauma
- CAPS-5 and PCL-5
- Screening for Racial Trauma and Stress Due to Discrimination
- Dual Diagnosis & Differential Diagnosis

## Creating Treatment Plans Focused on Arousal Regulation

- PTSD & the Nervous System
- Reading Your Client's Signals
- Signs Your Client is in Hyperarousal
- Signs Your Client is in Hypoarousal
- Polyvagal Theory
- Emotional Attunement in Therapeutic Relationship

## Employing the Phase-Oriented Treatment Model:

### A Roadmap to Safe and Effective Trauma Processing and Resolution

- Benefits, Risks, Limitations
- Phase One: Stabilization
- Phase Two: Trauma Processing & Grieving
- Phase Three: Present Day Life
- What to Include in your Clinical Documentation

## Adjunctive Interventions:

### 4 Proven Tools to Reduce Symptomology, Enhance Calm, and Improve Functioning

- Arousal Regulation & Coping Skills
- Yoga
- Safe & Sound Protocol
- Heart Rate Variability
- Neurofeedback
- How to Integrate These into Your Practice
- Limitations of the Research and Potential Risks

## Navigating Acute Distress for State Change In and Out of Session

- Bi-lateral Stimulation & Resource Tapping
- Relational Resources & Integrating Culturally-Based Strengths
- Breathing & Somatic Interventions
- Emotion-Freedom Technique
- Sensory Resources
- Self-Compassion and Mindfulness

## Live Webinar Schedule - both days (Times listed in Eastern)

**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.

## Limitations of the Research and Potential Risks

### Trauma Processing:

#### Accessing Trauma Memory Networks, Managing Triggers, and More

- What It Is and What It Isn't
- Accessing Traumatic Memory Networks
- What Happens When a Client is Triggered
- Engaging the Right & Left-Brain Hemisphere

### Is Your Client Ready? Contraindications for Trauma Processing

- Common Contraindications for Trauma Processing
- Understanding Factors that Contribute to Early Termination

### Informed Consent

- How to Communicate Realistic Expectations
- Things to Ask out Before Beginning
- Including Partners & Family in Trauma Treatment

### Cultural & Relational Factors in Trauma Treatment

- Cultural Humility & Cultural Attunement
- Systemic & Oppression-based Traumas
- Social Location & Creating Working Alliance
- Language Code Switching
- Treatment Plan Considerations

### Prolonged Exposure and Cognitive Processing Therapy: 2 of the Best-Validated Top-Down Models for Trauma Resolution

- Prolonged Exposure Therapy (PE)
- Cognitive Processing Therapy (CPT)
- Case Conceptualization & Case Examples
- Treatment Goals & Roadmaps
- Therapist's Role
- Limitations of the Research and Potential Risks

### EMDR and IFS: Evidenced-Based Bottom-Up Models to Heal Trauma

- Eye Movement Desensitization and Reprocessing (EMDR)
- Internal Family Systems (IFS)
- Memory Reconsolidation
- Case Conceptualization & Case Examples
- Treatment Goals & Roadmaps
- Therapist's Role
- Limitations of the Research and Potential Risks

### Choosing the Right Trauma Processing Model for Your Client

- Treatment Considerations
- Shared Decision Making
- Indicators of Effectiveness & Progress
- When Is Trauma Processing is Complete

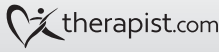
### Specific Considerations & Future Directions in Trauma Treatment

- Nuances with Neurodiverse Populations
- Considerations with Traumatic Loss
- When is Group Therapy Appropriate
- Future Directions & Psychedelic-Assisted Therapy
- Free Phone Apps and Resources for Clients

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- Handle panic, anger, and other reactions
- Appropriately work with culturally relevant factors
- Choose the best treatment approach for each client



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Get the therapist's toolkit you need to optimize your work with clients facing their traumatic pasts.

Over 2 days you'll join trauma expert Daphne Fatter, PhD who has almost 20 years of experience providing trauma treatment and completed her postdoctoral fellowship in clinical psychology under the direct supervision of world-renowned trauma expert Dr. Bessel van der Kolk.

Certified in EMDR, IFS and trained in CPT, Dr. Fatter will provide you with a guide on how you can better attune to trauma clients, elicit more stability prior to deeper work, and utilize an evidence-based Three Phase Model to help you create appropriate treatment plans to meet your clients unique needs.

Dr. Fatter's training will give you a roadmap to providing quality trauma treatment based in today's most in-demand treatment modalities so you can:

- Identify which candidates are ready for trauma processing
- Best support clients during triggering moments
- Access critical traumatic content during trauma processing
- Appropriately work with culturally relevant factors
- Discover the nuances of EMDR, CPT, IFS and PE through case examples
- Choose the right trauma processing model for your clients
- Help clients regulate arousal and stabilize by integrating adjunctive interventions
- Identify indicators of progress in effective trauma treatment

PLUS when you complete this training, you'll be eligible to become a **Certified Clinical Trauma Professional (CCTP)** through Evergreen Certifications at no additional cost.

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## Meet Your Speaker



**Daphne Fatter, PhD**, is a licensed psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. She is also certified in EMDR and has completed advanced training in Cognitive Processing Therapy. She was awarded her doctorate in counseling psychology from the Pennsylvania State University. She completed a postdoctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the direct supervision of Dr. Bessel van der Kolk, MD. She is the former military sexual trauma coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She speaks to mental health clinicians internationally providing engaging continuing education on nuances on trauma treatment from her seasoned clinical experience treating PTSD and complex trauma. She is in private practice in Dallas, Texas.

Speaker Disclosure:

Financial: Dr. Daphne Fatter maintains a private practice. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Daphne Fatter is a member of the American Psychological Association and the Texas Psychological Association.

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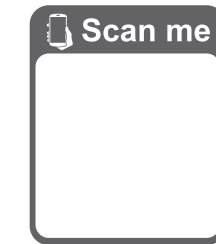
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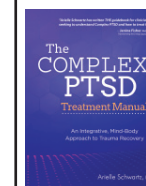
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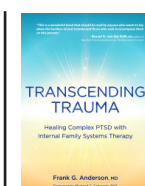


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