

Outline

Understanding Complex Trauma:

The Neurobiology of PTSD

Nuances of stress, trauma, and complex PTSD

The impact of dissociation

Interpersonal neurobiology, somatic psychology, and social engagement

The polyvagal theory

Skill: Spacious, Relational Awareness

Skill: Explore Co-Regulation

How to Assess for a Complex

Diagnosis:

History Taking and Case Conceptualization

Identify chronic, repeated, developmental and sociocultural trauma

Overcoming betrayal trauma to resolve insecure attachment

Assess for dissociation (“fragmentation”)

How parts, ego states and defenses create walls to change

Compassionate strategies for “Resistant” clients

Move from shame to empowerment

Skill: Understand emotional dysregulation as a “part”

Skill: Connect to the adult self

Skill: Differentiating from a part

“Dr. Schwartz is phenomenal!” - Kelley P.

“Dr. Schwartz is brilliant!” - Sally C.

Moving Clients Forward:

Modified EMDR and Parts Work for Complex PTSD

The 8-phases of EMDR therapy

Neural networks and “encapsulated” ego states

Bilateral stimulation and dual attention in EMDR therapy

Modified EMDR therapy protocols

Preparation for trauma reprocessing

Cultivate mindfulness, acceptance, and self-compassion

Skill: Choice and containment

Skill: Build allies for a part of self

Skill: Facilitate repair scenarios

Skill: Reprocess a traumatic memory

Skill: Positive state installation

The 6 Pillars of Resilience

For Post-Traumatic Growth and Healing

Trauma recovery and the bell curve

Resilience as a process and an outcome

Move from learned helplessness to learned optimism

Skill: Create your resilience recipe

Live Webinar Schedule

(Times listed in Pacific)

8:30 Program begins

12:20-1:00 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.


Objectives

1. Analyze the neurobiology of complex PTSD and dissociation through the lens of polyvagal theory.
2. Apply interpersonal neurobiology through co-regulation strategies that strengthen our client’s social engagement system.
3. Assess for emotional and physiological dysregulation as “parts” of self.
4. Integrate practical parts work therapy interventions to improve treatment outcomes for “resistant” clients.
5. Utilize techniques to help clients to work with shame and develop self-compassion for their most wounded parts.
6. Conduct modified EMDR therapy protocols that will allow you to create a safe healing environment for clients with a history of complex traumatization.

*You are not required to have previous EMDR training to attend this course. You will benefit and take home valuable skills. If you are trained in EMDR, you will learn how to integrate EMDR with parts work to help your clients.

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EMDR & Parts Work for Treating Complex Trauma

Somatic Techniques to Decrease Defensiveness
and Facilitate Trauma Processing

LIVE Interactive Webinar
Thursday, August 17, 2023

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EMDR & Parts Work for Treating Complex Trauma

Somatic Techniques to Decrease Defensiveness
and Facilitate Trauma Processing



Featuring
Arielle Schwartz, PhD, CCTP-II
Complex Trauma Author and Expert

- Tools for managing dissociation and fragmentation in trauma clients
- Reduce defensiveness and sabotaging behaviors for greater progress in sessions
- More successfully access deeply rooted pain points with clients

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EMDR & Parts Work for Treating Complex Trauma

Somatic Techniques to Decrease Defensiveness and Facilitate Trauma Processing

For years I got stuck with my complex trauma clients.

The traditional standalone approaches everyone recommended seemed to fail me as my clients’ unresolved conflicts kept sabotaging our efforts toward healing. Session after session I was met with defensiveness and resistance. It was exhausting...and soon doubt and frustration started to creep in.

But one day the solution became clear -- complex trauma requires complex treatment -- not a standalone therapy.

Now in this one-day webinar I’ll show you how you can more successfully access deeply rooted pain points and move clients past the internal conflicts that hang them up in treatment by integrating elements of EMDR with skills from a parts work approach!

Join me for this unique, advanced level trauma treatment course, so you can:

- More safely gather your client’s trauma history
- Manage dissociation and fragmentation in clients using skills from parts work therapy
- Create a safe healing environment using modified EMDR therapy protocols
- Confidently use relational skills and somatic therapy for improved complex trauma treatment

Making the change to an integrated EMDR and parts work approach turned my treatment completely around. Since that day I’ve found tremendous success with my clients, authored several books on complex trauma and trained thousands of clinicians.

Don’t miss this chance to take your complex trauma treatment to the next level!

Register today!

-Arielle Schwartz, PhD, CCTP-II

Target Audience:

Counselors • Social Workers • Psychologists • Psychiatrists • Therapists
Addiction Counselors • Nurses • Marriage and Family Therapists • Physicians



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Meet Your Speaker



Arielle Schwartz, PhD, CCTP-II, is a clinical psychologist, internationally sought-out teacher, therapeutic yoga instructor, and leading voice in the healing of PTSD and complex trauma. She is the author of five books based upon her integrative, mind-body approach to trauma recovery: *The Complex PTSD Workbook*; *The Post Traumatic Growth Guidebook*; *A Practical Guide to Complex PTSD*; *EMDR Therapy and Somatic Psychology*; and *The Complex PTSD Treatment Manual*. Her unique blend of spirituality and science can be found in her writings, guided trauma recovery programs, and applied polyvagal theory in yoga for trauma recovery.

Dr. Schwartz is an accomplished teacher who guides therapists in the application of EMDR, somatic psychology, parts work therapy, and mindfulness-based interventions for the treatment of trauma and complex trauma. She has a depth of understanding, passion, kindness, compassion, joy, and a succinct way of speaking about very complex topics.

She is a longtime meditation and yoga practitioner with a passion for the outdoors; all of which she incorporates into her work as founder of the Center for Resilience Informed Therapy in Boulder, Colorado where she maintains a private practice providing psychotherapy, supervision, and consultation. Dr. Schwartz believes that that the journey of trauma recovery is an awakening of the spiritual heart. Discover more at drarielleschwartz.com.

Speaker Disclosure:

Financial: Dr. Arielle Schwartz maintains a private practice and is a trainer with Advanced EMDR Therapy Trainings. She receives compensation as an international presenter. Dr. Schwartz receives a speaking honorarium, recording royalties, and publishing royalties from PESI, Inc. She also receives publishing royalties from Norton Publishing, Sounds True, and Rockridge Press. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Arielle Schwartz has no relevant non-financial relationships.

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, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

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This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC

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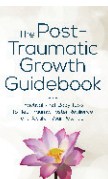
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