

Outline

Assess Medical Traumatic Stress:

How medical trauma differs from other types of trauma

How to get the full story:

- trauma interview
- health-related anxiety
- distress thermometer
- comprehensive health history

Recognize clinical disorders and biopsychospiritual crises

The Layered Narrative of Medical Trauma:

Case conceptualization and treatment preparation

Experience with initial injury/illness treatment experiences

Issues in short- and long-term recovery

“Disenfranchised” nature of medical trauma: how to have conversations with clients about the mind-body connection

Recalibrate relationships: naming stigma, ableism, and toxic positivity

Ecological model of medical trauma

Treatment of Medical Trauma:

Integrative approach to treat clients’ unique needs

Identify medical trauma-related core beliefs and cognitions

Engage behavioral strategies

Address social constraints and systemic invalidation

Integrate health and rehabilitation psychology principles

- Illness/injury psychoeducation
- Meaning making
- Coping with somatic trauma cues
- Strategies for managing insomnia and chronic pain
- Adjustment to illness or injury
- Expectation management
- Cognitive rehabilitation
- Support medical advocacy and avoiding retraumatization

Limitations of the research and potential risks

Case Studies:

- PTSD and COVID-19: 36-year-old woman
- Social anxiety and irritable bowel disease: 20-year-old man
- Dependent personality disorder and congenital heart condition: 45-year-old woman

Live Webinar Schedule

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

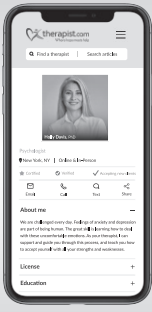
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Objectives

1. Employ evidence-based assessments to identify mental health symptoms stemming from traumatic medical events to inform clinical treatment interventions.
2. Utilize the ecological model of medical trauma to develop a trauma-informed case formulation.
3. Practice at least two strategies for communicating effectively with clients about the mind-body connection for the purposes of improving treatment engagement.
4. Utilize cognitive restructuring on clients’ unhelpful core beliefs and automatic thoughts centered on worth, ability, or control.
5. Construct behavioral experiments designed to assist clients with decreasing reactivity to medical-trauma related cues.
6. Integrate at least two health and rehabilitation psychology strategies into trauma treatment.

Limited time only

Create your
FREE
directory listing



therapist.com

Go to therapist.com/tcom to learn more.

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 3279

Group Training
Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Live Online –or– On-Demand!


Medical Trauma

Clinical Tools for Treating PTSD, Anxiety, and Depression Following a Health Crisis

LIVE Interactive Webinar

Friday, August 25, 2023

Can’t Attend Live? Get the On-Demand Training!

 **PESI®**
www.pesi.com

REGISTER NOW:
pesi.com/webcast/89400

Live Online –or– On-Demand!

Medical Trauma

Clinical Tools for Treating PTSD, Anxiety, and Depression Following a Health Crisis

- No one is immune from health crises – restore a sense of safety after medical emergencies and life-altering diagnoses, including COVID-19
- Discover how medical trauma and its health consequences contribute to many clinical problems
- Respond to the unique ways PTSD manifests after medical trauma

Live Interactive Webinar
Friday, August 25, 2023
Can’t Attend Live? Get the On-Demand Training!

Register Now: pesi.com/webcast/89400

 **PESI®**
www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

Medical Trauma

Clinical Tools for Treating PTSD, Anxiety, and Depression Following a Health Crisis

Your clients with medical trauma know that a health crisis can upend life at any moment.

And they know that crisis doesn't end when the physical body is stabilized.

The impacts of medical trauma are as broad as they are misunderstood. Many mental health problems can arise from experiences like heart attack, stroke, intubation and mechanical ventilation, emergency Caesarean section, allergic reaction, seizure, accident-related amputation, cancer diagnosis, and more.

While some clients may have entered your practice with the **unique presentation of PTSD that results from medical trauma**, many more have likely come to you for help with other **clinical issues that could be fueled by a past health crisis**. Think of the client with depression who also has a history of heart failure. Or the client with social anxiety whose irritable bowel disease is listed on your intake form but never gets discussed. Or the client with dependency issues in their relationships who harbors a deeply entrenched sense of fragility related to a congenital illness.

Join medical trauma expert Dr. Sacha McBain for this one-day training that will help you understand the interconnectedness of the mind and body. You will learn to:

- conduct assessments that elucidate **the mental health impacts of your clients' health histories**
- develop trauma-informed case formulations that integrate health and rehabilitation psychology principles into evidence-based treatments
- support your clients' mental and physical health by giving them the skills they need to **maintain treatment adherence and engage in effective medical self-advocacy**

Your clients with medical trauma have associated treatment with danger. **Register today to provide them with a trauma-informed approach to promote physical and psychological recovery!**



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Victoria Franz** at vf Franz@pesi.com.

Meet Your Speaker



Sacha McBain, PhD, is a clinical psychologist and assistant professor at the University of Arkansas for Medical Sciences (UAMS) in Little Rock, AR, where she serves as the associate director of the Center for Trauma Prevention, Recovery and Innovation and leads the Trauma Psychology Consult Service. Dr. McBain provides training and consultation to medical services regarding implementation of trauma-informed care practices and health care worker wellness initiatives designed to prevent posttraumatic stress disorder. She has trained in community health and prevention research and implementation science in order to identify and put into place organizational practices within healthcare systems designed to increase access to mental health care following a traumatic event. She serves as an expert panel member on the American College of Surgeons Mental Health and Substance Use Disorder Best Practice Guidelines Work Group and is an active member of the International Society for Traumatic Stress Studies.

Speaker Disclosure:

Financial: Sacha McBain has employment relationships with the University of Arkansas for Medical Sciences, the University of Texas Houston, the University of Colorado, the University of Montana, and the VA San Diego. She receives grants from UAMS Interprofessional Small Grant and UAMS Translational Research Institute Biomedical Informatics Pilot Grant. Sacha McBain receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Sacha McBain is a member of the International Society for Traumatic Stress Studies.

Target Audience:

Counselors • Social Workers • Psychologists • Psychiatrists • Marriage & Family Therapists
Addiction Counselors • Other Mental Health Professionals • Physicians
Physician Assistants • Nurse Practitioners • Nurses

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, Physician Assistants, 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.

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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 Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



Psychologists: PESI, Inc. is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. Course Level: Advanced.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Earn up to
6.25 CE
Hours for one
low price!**



Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2023 - January 27, 2026. Social workers completing this course receive 6.25 Clinical continuing education credits.

This program is Approved by the National Association of Social Workers (Approval #886759332-4989) for 6.0 Clinical Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

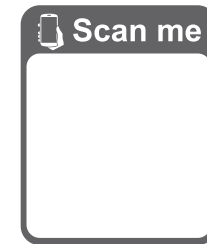
PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab, PESI AU, PESI UK, and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesi.com/webcast/89400

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs



Register Online at:
pesi.com/webcast/89400

Live Interactive Webinar (Option 1)

August 25, 2023 PWZ89399

\$219.99 tuition

8am Eastern time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS058772

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 RNV058772

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

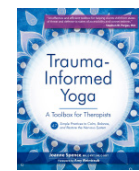


Special Offer! Up To 25% Off!



PUB086945

Trauma Treatment in ACTION:
Over 85 Activities to Move Clients Toward Healing, Growth and Improved Functioning
Varleisha D. Gibbs, PhD, OTD, OTR/L, ASDCS
~~\$29.99~~ **\$22.99***



PUB086520

Trauma-Informed Yoga:
A Toolbox for Therapists
47 Practices to Calm, Balance, and Restore the Nervous System
Joanne Spence, MA, E-RYT 500, C-IAYT
~~\$29.99~~ **\$22.99***

* Discount Included with purchase of the Webinar