The Latest Research on Trauma
The impact of trauma on mental illness
The impact of trauma on physical illness
Outcomes of unresolved trauma

How and Where Trauma is Stored
How to navigate the three memory systems
Semantic (narrative) memory
Event (autonomic) memory
Procedural (behavioral) memory
Strategies for matching interventions to memory systems

The Autonomic Nervous System
5 discrete autonomic nervous system states used to respond to trauma
Mild stress to full dissociation
Bottom-up processing

4 Essential Phases of Trauma Therapy
Resourcing
(Re)establishment of boundaries, trust and attachment
Containment through the autonomic nervous system
Integration

Trauma Therapy and other Mental Health Disorders
Addiction recovery
Differential Diagnosis
Bipolar disorder
Depressive disorders
Anxiety-based disorders

Strategies for Traumatic Transference
Working with transference is essential for processing trauma
When and how to move away from and toward transference
The 4 transference “roles”: victim, perpetrator, bystander and savior

Objectives
1. Analyze the various memory systems and know which interventions are appropriate to each memory system.
2. Describe how the nervous system can be used in trauma resolution.
3. Recognize and track clients for the 5 major autonomic nervous system stress and trauma states.
4. List the 4 key phases of working with traumatized clients and how to clinically work within each phase.
5. Summarize the dangers, value and need of working traumatic transference that is part of complex, relational PTSD.
6. Identify the initial conditions required for trauma resolution to occur.
7. Explain the functional difference between sympathetic activation and parasympathetic responses to threats.

Experiential Lab I - Somatic Containment of Stress and Trauma
Transform the theory into practice
Traumatic charge heals by sequencing through the body
Mindfulness to track somatic process
Viscerally feeling the 5 nervous system states
Empathy for where you’re leading clients
An entirely new understanding of how to heal PTSD

Experiential Lab II - The Foundation of Resourcing
Resourcing at the first phase of most trauma, exposure therapies
The skill of autonomic regulation
Self-soothing techniques to develop new habitual coping responses
Trauma management vs. over resolution
Guide clients out of trauma and stress into their own refuge

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A Cutting-Edge Approach for Resolving Trauma and Healing PTSD

• Take home a new, comprehensive body-based trauma treatment method that will transform your practice – and improve clients’ lives!
• The 4 key phases and tasks of trauma treatment to have more success when working with treatment resistant clients
• Hands on, experiential practices to put theory into practice

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and other Mental Health Professionals

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About Your Program Instructor:

Saj Razvi, MA, LPC, is a co-founder of Trauma Dynamics, he is also a sub-investigator for the MAPS sponsored FDA trial of MDMA-assisted psychotherapy for treatment resistant PTSD, and faculty at the University of Denver’s Center for Professional Development. He holds a Bachelors degree in Psychology from the University of Denver and nationally for graduate students, professional therapy and medical professionals. Saj is the co-author of Trauma Dynamics: A Therapist’s Guide to the Art of Reprocessing and Trauma Dynamics: A Cutting-Edge Approach to Resolving Trauma and Healing PTSD.

Join Saj Razvi for this dynamic workshop, and learn practical, cutting edge skill sets. Leave with the seminar a much more coherent understanding of the trauma process, as well as specific skill sets to work with a client’s traumatic reactivity.

• Firsthand experience of the critical role the body plays in healing trauma
• Return to your practice with a coherent map of the autonomic nervous system that will better equip you and your clients to navigate trauma and its symptoms
• How to utilize and avoid the potential pitfalls of traumatic transference in therapy

101 Trauma-Informed Interventions

Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda A. Curran, LPC, CAC, CCAC, CDPC, EMDR Level II Trainer

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities – all into one concise resource. CBT, ERP, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies, and more. Equally useful in both group and individual settings.

Have a seminar idea? A manuscript to publish?

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About Trauma Therapy:

A Cutting-Edge Approach for Resolving Trauma & Healing PTSD.

Join author, PTSD researcher, expert and Trauma Dynamics instructor, Saj Razvi, as he introduces you to a treatment protocol that brings together research and interventions from neuroscience, memory systems, autonomic nervous system reprogramming, attachment theory, and psychodynamic transference work. In this interactive course, you will develop an overarching, coherent understanding of post-traumatic stress and some of the next generation treatments that are achieving positive results.

You will learn skills to shift your client’s nervous system state from activated to calm, and be able to track your clients using their body responses and symptoms. Through hands-on experience learn how clients can move beyond the avoidance and management of symptoms into actually resolving trauma through a body process innate to the nervous system. Learn through experimental labs:

• The process of reprocessing so that you will know how to support clients in coping with and managing traumatic symptoms, before trauma resolution begins
• Containment: the process of releasing traumatic charge through the body

About Your Program Instructor:

Join Saj Razvi for this full-on-one-on-one interview with trauma expert, Peter A. Levine, Ph.D. as he shares his research on the development and evolution of his pioneering work in the field of somatic psychotherapy – Somatic Experiencing. Full of insights and wisdom, Saj interviews Peter at the heart of trauma and attachment, the upcoming DSM-5 Diagnoses and Disorders and the most effective and promising treatment modalities available to clinicians today.

Peter A. Levine Full Interview

Trauma Treatment: Psychotyherapy for the 21st Century

By Peter A. Levine, Ph.D.

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