

# OUTLINE

## The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma  
Fight, flight, freeze, fawn survival responses  
Clinical implications of the freeze response  
The neuroscience of EMDR, exposure therapy and cognitive therapy

## Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma  
Intergenerational trauma  
Symptom clusters and physical manifestations  
CAPS-5 and PCL-5  
Primary Care PTSD Screen  
Dual diagnosis

## Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations  
Bottom-up techniques to reconnect and feel safe in the body  
Self-soothing techniques  
Grounding strategies  
Breathwork  
Gauge when a client is ready for intense trauma/cognitive work

## Proven Skills and Techniques from Evidence-Based Approaches:

### Somatic Approaches:

**Address Physical Symptoms of Trauma**  
Relevance of Polyvagal theory and early trauma

Assess for readiness to apply somatic tools  
Teach body awareness  
Manage unease with “Felt sense” exercises  
Resourcing strategies to create a safe space

## CBT Coping Skills: Manage Emotions

Identify inaccurate trauma-related cognitions  
Exposure, titration and pendulation to slow emotions  
Cognitive reframing and reappraisal interventions  
Memory reconstruction techniques

## EMDR-Based Techniques:

**Resolve Traumatic Memories**  
Adaptive Information Processing Theory  
EMDR vs EFT vs neuromodulation  
Resourcing strategies  
Combine memory reprocessing with cognitive restructuring  
Using “restricted processing” with complex trauma

## Narrative Therapy Exercises:

**Rewrite Traumatic Experiences**  
Interventions to help clients talk about hotspots  
Reclaim identity with the “Tree of life” exercise  
Awareness and closure - create life stories

## Solutions to Trauma Treatment Roadblocks

How to handle the angry client  
Strategies for the resistant trauma client  
Boundary concerns  
Dealing with crises, suicidality, substance use

## Reintegration and Post-Traumatic Growth

Better than normal - the neuroscience of post-traumatic growth  
The therapeutic alliance as a brain-based approach  
The power of forgiveness in moving forward  
Meaning making exercises

## Research, Limitations and Potential Risks

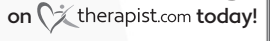
### Live Webinar Schedule (both days) (Times listed in Eastern)

**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.

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# 2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving



Featuring Certified EMDR Clinician and Trainer,  
**Megan McQuary,**  
LCSW, ACADC, CCTP-II, EMDR-C

- Interventions from today's most effective treatment approaches
- Overcome intense trauma responses that interfere with therapy
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## SPEAKER



**Megan McQuary, LCSW, ACADC, CCTP-II, EMDR-C**, is a Certified EMDR Clinician and Trainer, as well as a Certified Clinical Trauma Professional II through Evergreen Certifications. Megan also is an Advanced Certified Alcohol and Drug Counselor, who formerly owned and operated one of the largest treatment centers for substance abuse and trauma in Southeast Idaho, which was voted best in practice for 2019.

Her trainings have helped thousands of clinicians across the U.S. get the most out of EMDR, trauma and addiction-based skills and practices. She has been invited to train internationally at the International Society of Addiction Medicine in India, the International Conference on Addiction Research and Therapy in Amsterdam and at the Psicologia Institute of Italy. Megan has extensively been trained on the use of EMDR as a protocol and uses EMDR in her practice to achieve improved outcomes with a broad spectrum of clients in the areas of trauma, abuse, attachment and substance abuse. She is an expert witness at the State and Federal level for her expertise in areas surrounding trauma.

Ms. McQuary is the author of *EMDR Workbook for Trauma and PTSD: Skills to Manage Triggers, Move Beyond Traumatic Memories, and Take Back Your Life* set to be released by New Harbinger Publications in late 2022. She earned her master's in Clinical Social Work from Northwest Nazarene University in 2011 and is an active member of the International Society of Addiction Medicine and the National Association of Social Workers. She currently owns and operates her own Counseling, Consulting and Training Business and is passionate about genuinely changing the landscape of trauma treatment through an authentic, hands-on perspective, that she has uniquely made her own.

### Speaker Disclosures:

Financial: Megan McQuary is the owner of Recoverhe Counseling & Consulting. She receives a speaking fee from Psicologia.io of Italy and EMDRIA. She is an author with New Harbinger and receives royalties. Ms. McQuary receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Megan McQuary is a member of the International Society of Addiction Medicine, the EMDR International Association of EMDR Trauma Specialists, and the National Association of Social Workers. She is president of the Regional Early Childhood Development Committee President.

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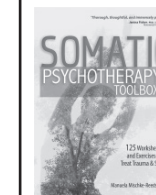
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## Recommended Reading:



**Somatic Psychotherapy Toolbox**  
125 Worksheets and Exercises to Treat Trauma & Stress

Manuela Mischke-Reeds, MA, MFT

~~\$36.99~~ \$27.99\*

PUB085450



**Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists**

Janina Fisher, Ph.D.

~~\$29.99~~ \$22.99\*

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\*Discount Included with purchase of the Webinar

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