

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

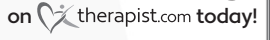
Live Webinar Schedule (both days) (Times listed in Eastern)

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.

Learning Objectives
can be viewed at
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Megan Boardman,
LCSW, ACADC, CCTP-II, EMDR-C

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Best of all, upon completion of this live training, you'll be eligible to become a **Certified Clinical Trauma Professional (CCTP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of trauma counselling. Professional standards apply. Visit www.evergreencertifications.com/CCTP for details.

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Target Audience:

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Attendees will receive documentation of CCTP designation from Evergreen Certifications 4 to 6 weeks following the program.

*Professional standards apply. Visit www.evergreencertifications.com/CCTP for professional requirements.

SPEAKER



Megan Boardman, 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.

Megan 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 2023. 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 Boardman 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. Boardman receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Megan Boardman 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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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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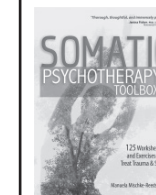
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Recommended Reading:



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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