

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)

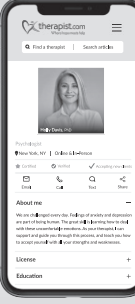
9:30 Program begins
12:50-2:00 Lunch Break
5:30 Program ends

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 pesi.com/webcast/89759

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- Interventions from today's most effective treatment approaches
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You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

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

SPEAKER



Arielle Schwartz, PhD, CCTP-II, E-RYT, 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 six 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*; *The Complex PTSD Treatment Manual*, and *Therapeutic Yoga for Trauma Recovery*. 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 therapist 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 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 the journey of trauma recovery is an awakening of the spiritual heart. Discover more at drarielleschwartz.com.

Speaker Disclosures:

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.

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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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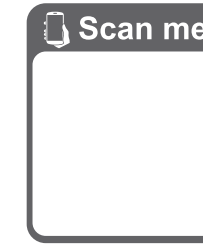


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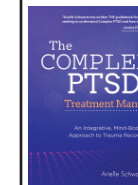
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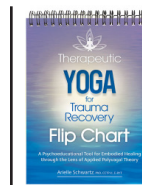
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Arielle Schwartz, PhD - seminar speaker!

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