

Outline

Trauma-Informed Care Framework:
Realize - Recognize - Respond (SAMHSA)

- Trauma-informed principles and best practices overview
- Primary characteristics of trauma and the many ways it can occur
- It's not just secondary - rates of trauma in mental health clinicians
- Impacts of trauma exposure - symptoms and impairments in psychosocial functioning
- Case example – client with depression who is missing appointments

Trauma-Informed Care in Practice:
Safety, Trust, Collaboration,
Empowerment, and Cultural Humility

- Trauma-informed assessment strategies
- Develop and share a case conceptualization that considers the effects of trauma
- Steps to build a collaborative, trauma-informed treatment plan
- How to utilize existing frameworks to understand and respond to trauma responses in therapy
- Top tips for ensuring your practice expresses cultural humility
- Case example – client interaction in a practice that is not trauma-informed

The Person of the Therapist:
Promoting Wellness for Mental Health Professionals

- Identification of personal trauma responses impacting therapeutic alliance

- Maintain presence with clients through grounding and emotion regulation
- After-session strategies to mitigate the impact of trauma exposure
- How to consult with colleagues and co-providers in a trauma-informed way
- Case example – client expressing anger for whom de-escalation is needed

Clinical Issues in Trauma-Informed Care:

Resist Retraumatization

- Strategies to support adoption of trauma-informed care in your individual practice
- Advocacy for systemic adoption of trauma-informed care in your agency
- Initial interactions: marketing materials, intake procedures, informed consent processes
- Create an environment free from retraumatizing stimuli
- Ensuring clinic staff are trauma-informed
- Individual and systemic barriers to implementation
- Resources for guidance on implementation
- Limitations of the research and potential risk

Live Webinar Schedule
(Times listed in Central)

9:00 Program begins

12:50-2:00 Lunch Break

5:00 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

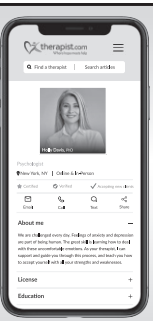
1. Conduct a trauma-informed assessment.
2. Apply a trauma-informed case conceptualization to client’s presenting problem.
3. Utilize reflection, validation, de-escalation, and grounding skills to facilitate a trauma-informed care approach in clinical practice.
4. Employ cultural humility practices to improve client engagement.
5. Use after-session strategies to mitigate the impact of trauma exposure on the therapist.
6. Create a practice environment that is trauma-informed.

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Trauma-Informed Care for Therapists

Practical Strategies to Create Safety and Empowerment

- Create a trauma-informed practice, from intake through termination
- Improve client engagement with cultural humility
- Mitigate burnout, compassion fatigue, and vicarious traumatization

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Trauma-Informed Care for Therapists

Working with traumatized clients can activate even the most seasoned therapists.

Despite our best intentions, our reactions often leak into our work, affecting our clients in obvious or more subtle ways.

Overidentifying with our clients... emotionally checking out in session... hesitating to talk about trauma because it's too much for *us*... These behaviors can lead to compromised care.

What if there was a guide to getting it right the first time - to responding to ourselves in a way that mitigates any negative impact on our clients AND promotes our own sense of well-being?

Trauma-informed care is the solution. From how to manage personal trauma responses impacting the therapeutic alliance, to how best to do an intake, offer treatment options to clients, and document treatment - trauma-informed care is more than a buzzword - is the approach you need to transform your practice and your experience of providing psychotherapy.

Join Sacha McBain, PhD, and Heather Allen, LCSW, master trainers and consultants, as they walk you step by step through **not just the principles, but how to actually implement trauma-informed care in practical ways.** You'll gain the confidence you need to:

- Manage your own trauma responses to decrease burnout and enrich the therapy process
- Develop a trauma-informed case conceptualization to guide treatment and in-session responses
- Create cultural-humility in your practice to work more effectively with clients
- Advocate for trauma-informed care at a systems-level in your clinical setting

Register today to ensure that you and your clients are having the best experience possible!

Target Audience:

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



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Meet Your Speakers



Sacha McBain, PhD, is a clinical psychologist and assistant professor at the University of Arkansas for Medical Sciences (UAMS) in Little Rock, AR. Dr. McBain received her master's in psychology and doctorate in clinical psychology at Palo Alto University in Palo Alto, CA. She completed her pre-doctoral internship at UAMS with an specialization in integrated care and trauma, and her postdoctoral fellowship in clinical psychology and implementation science at the Department of Veterans Affairs South Central Mental Illness Research, Education, and Clinical Center (MIRECC) in North Little Rock, AR. She serves as the associate director of UAMS' Center for Trauma Prevention, Recovery and Innovation and leads the trauma psychology consult service on UAMS' Trauma Surgery service to address the psychosocial needs of patients who have experienced a serious injury or illness. She also 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. Dr. McBain's expertise includes increasing access to care for people with a recent trauma in order to improve prevention of PTSD with a specific focus on trauma related to medical events. She has completed training 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 Disclosures:

Financial: Sacha McBain has an employment relationship with University of Arkansas for Medical Sciences. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Sacha McBain has no relevant non-financial relationships.



Heather Allen, LCSW, (she/they) is a social worker and therapist practicing in Central Arkansas. Mx. Allen received her masters in social work at University of Arkansas at Little Rock. She completed a post-masters fellowship in psychosocial rehabilitation at Central Arkansas Veterans Healthcare System, where she became passionate about providing trauma-informed and trauma-focused care for medically and psychosocially complex populations. They previously worked at the University of Arkansas for Medical Sciences (UAMS) in Little Rock, AR in an outpatient mental health clinic where she led trauma-informed consultation groups for LGBTQ+ affirming care and suicidality to train and support clinical staff. They provide interdisciplinary training and consultation in weight inclusive approaches to working with medical trauma, chronic illness, and eating disorders. Mx. Allen's expertise includes providing trauma-informed psychotherapy for couples and individuals with a focus on sexual health. She is an active member of the American Association of Sex Educators, Counselors, and Therapists (AASECT).

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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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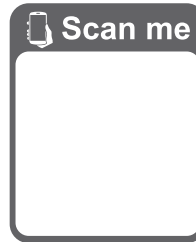
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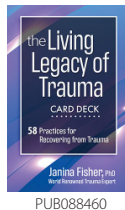
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