An Integrating Traumatic Memories: Conceptualization and Clinical Considerations in Evidence-based Approaches to Trauma Processing

After clients are stable enough to begin delving into traumatic memories, many clinicians struggle with determining which method to use for trauma processing. This webinar will specifically focus on the second phase of trauma recovery, processing and integrating traumatic memories in trauma treatment. Dr. Fatter will review the nature of traumatic memory and how it differs from non-traumatic memory. The two “gold standards” evidence-based models for trauma exposure therapy will be presented: prolonged exposure therapy and cognitive processing therapy. In addition, eye movement desensitization and reprocessing (EMDR) and internal family systems, two research-supported models, will be discussed. This webinar will describe how each model differs in its conceptualization of trauma and specific treatment approach in integrating traumatic memories. A case clinical vignette will be used to illustrate clinical considerations including strategies to know your client is or is not ready for trauma processing will be presented. In addition, ways to determine your client is “done” with the trauma processing stage of treatment will be reviewed.

Outline

- Begin 11 AM ET
- What is Trauma Processing?
- Defining trauma processing
- Nature of Traumatic Memory
- Is Your Client Ready for Trauma Processing?
- Evidence-based Treatment
- Prolonged Exposure Therapy
- Break 12:30-12:45 PM ET
- Cognitive Processing Therapy
- Break 1:15-1:30 PM ET
- EMDR
- Internal Family Systems
- Factors in Choosing Which Trauma Processing Model to Use
- Case Example
- Who is Trauma Processing Not Appropriate for?
- How do you know you are “done” with trauma processing?
- End 2:15 PM ET

Our courses are available in two formats: the first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version: It is a recorded version of the webinar. You will have to pass a test to earn CE’s for both the live webinar and the Home Study version.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LCSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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