

Making Sense of the Complexities of Trauma

In this seminar, Dr. Hartman-Hall provides an in-depth look at the etiology of PTSD and complex trauma symptoms as well as guidelines for thorough assessment and treatment planning. Practical strategies are presented for managing clinical challenges including self-injury, treating trauma in various settings, and managing dissociation. Avoiding clinician burn-out is also a focus. This seminar provides tools developed from clinical experience and the research literature that you can start using right away to help your clients who are struggling with trauma symptoms. Includes DSM-5 changes to diagnosis of trauma disorders.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course Level: Advanced

Learning Objectives

- At the end of this seminar, participants will be able to:
1. Identify diagnostic challenges in working with clients who have experienced trauma.
 2. Explain how current symptoms may reflect adaptations to traumatic experiences.
 3. Describe important features of a complex trauma syndrome.
 4. Identify several strategies for helping clients manage self-injurious and suicidal behaviors.
 5. Describe vicarious traumatization and the importance of clinician self-care.

Seminar Schedule

Begin 10AM EST and end 5:00 PM, with 10 minute breaks at 11:30, 3:15, and 4:30, and a half hour lunch break at 1PM

Register On-Line at tzkseminars.com
for only \$89

Outline

Begin 10 AM ET
PART ONE: Understanding Complex Trauma Syndromes
Etiology and Prevalence
Break 11:30-11:40 AM ET
Understanding Symptoms
Diagnosis, Including DSM-5 Diagnosis
PART TWO: A Trauma-Informed Approach to Clinical Work
Setting the Frame for Trauma Work
Therapeutic Relationship - The Critical Component
Lunch Break 1-1:30 PM ET
Trauma Assessment and Treatment Planning
Specific Treatment Strategies
Targeting Treatment Challenges
Break 3:15-3:25 PM ET
PART THREE: What About You?
Vicarious Traumatization
Burnout
Break 4:30-4:40 PM ET
Self-Care for the Clinician
Additional Resources
End 5 PM ET

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General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar. Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

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

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Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029



The Presenter

Dr. Heather Hartman-Hall, a licensed psychologist, earned her Ph.D. in Clinical Psychology from American University in 2000. She has provided crisis counseling, individual/group psychotherapy, consultation and assessment for adolescents and adults in a variety of settings including a state psychiatric hospital, a juvenile facility, elder care facilities, primary care, and private practice. For more than a decade, she conducted individual and group psychotherapy with psychiatric inpatients presenting with difficulties including severe mental illness, substance abuse, cognitive impairment, significant trauma histories, dissociative symptoms, and self-harming behaviors. She has provided training, supervision, consultation, and program development on topics including assessment, self-injury, psychological trauma, and working with older adults. She has extensive experience in psychological assessment, including assessment for cognitive impairment and the effects of psychological trauma. Dr. Hartman-Hall has served as the Director of Training, a clinical supervisor, and a regular seminar presenter for an APA-accredited clinical psychology pre-doctoral internship. She currently provides assessment, intervention, and consultation in a primary care setting and is a faculty member of an internal medicine residency program.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 6 CE's for attending once they have completed these requirements.

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