

Utilizing Phase-Oriented Treatment, Polyvagal Theory & Adjunctive Interventions to Regulate Arousal in Trauma Treatment

One of the biggest challenges in trauma recovery is managing both when clients get emotionally overwhelmed and when clients numb out and shut down. Learning how to pace therapy and navigate clients' emotional window of tolerance are key foundations of successful trauma treatment. In this webinar, Dr. Fatter will review the impact of traumatic stress on the brain in tangible ways to help clinicians better conceptualize how trauma alters the body's arousal system. Dr. Fatter will discuss in detail symptoms of hyperarousal, hypoarousal and calm states of our autonomic nervous system based on Polyvagal Theory. This will help clinicians know signs of what state clients are in and help clinicians be able to educate clients about their nervous system. We will address one of the most important aspects of the therapeutic relationship based on what we know about the traumatized brain. A phase-oriented treatment approach will be presented so clinicians learn an evidence-based structure for pacing the intensity of trauma treatment. In addition, we will explore four research-informed adjunctive therapies to help clients maintain stabilization and regulate arousal.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe four ways that traumatic stress impacts the brain.
2. Identify several signs of when clients are either over-aroused or under-aroused in trauma treatment and know which how to respond with practical and effective strategies.
3. Report why pacing in trauma treatment is important based on brain research.
4. Describe three evidence-based phases of trauma treatment.
5. Explain four research-informed adjunctive therapies that can help clients manage getting overwhelmed and/or emotional numbing.

Seminar Schedule

Typically begins at 11 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin 11 AM ET
How Brain Research Informs Treatment
 Impact of Traumatic Stress on Brain
 3 States of Autonomic Arousal based on Polyvagal Theory
 The Role of the Therapeutic Relationship
Evidence-based Phase-Oriented Treatment
 Stabilization
 Trauma Processing & Grieving
Break 12:30-12:45 PM ET
 Present Day Life
 Signs & Symptoms of Clients Getting Outside of their Window of Tolerance
Four Research-Informed Adjunctive Therapies to Regulate Arousal
 Clinical Considerations for each adjunctive treatment.
Additional Resources
End 2:15PM ET

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Continuing Education Credit

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The Presenter

Daphne Fatter, Ph.D. earned a Masters in Transpersonal Counseling Psychology from Naropa University in 2006. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University in 2011 and completed her clinical internship at the University of Tennessee Counseling Center. She completed a post-doctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the supervision of Dr. Bessel van der Kolk, MD. During her postdoctoral fellowship, she completed a nine-month training program in Traumatic Stress Studies and also managed a pilot study on using neurofeedback to help treat posttraumatic stress disorder. For over a decade she has studied in both Buddhist and Taoist meditation traditions and has published on mindfulness. She has served as an ad-hoc expertise reviewer in the area of mindfulness from 2011-2013 for the Journal of Counseling Psychology, European Journal of Counseling Psychology, Psychotherapy, and Mindfulness Journal. She has taught mindfulness meditation at the Southern Methodist University, the University of Colorado at Boulder, the Pennsylvania State University, and the University of Tennessee Knoxville. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She is EMDR certified and is a Certified Internal Family Systems therapist. She has also completed advanced training in Cognitive Processing Therapy. She currently in private practice in Dallas, Texas.

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