

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 also 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 example will be used. 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.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

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

1. Report clinical issues that mean that clients are not ready for trauma processing.
2. Explain factors in deciding which trauma processing model to use in trauma treatment.
3. Describe 4 research-supported trauma processing models.
4. Explain 3 signs to know your client is "done" with the trauma processing stage of trauma treatment.
5. Identify culturally relevant information to find out from clients before trauma processing.

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
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
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

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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 has completed advanced training in Internal Family Systems and Cognitive Processing Therapy. She currently in private practice in Dallas, Texas.

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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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