

# 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

Our seminars 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.

## 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 3 CE's for attending once they have completed these requirements. PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider Number 1242), is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: (3/28/19 to 3/28/2022). Social workers completing this course receive 3 continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs. tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024. tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## 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.

## 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](http://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.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



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