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 is a key teaching new therapists. 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.

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

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.
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.

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