

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
Therapists
Social Workers
Psychiatrists
Counselors
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. is a mid-career psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. She is also certified in EMDR and has completed advanced training in Cognitive Processing Therapy. She draws on her background in transpersonal psychology, Taoist and Buddhist meditative practices, and clinical work with traumatic memory, grief, and attachment wounds to guide trainings for other psychotherapists. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University and completed her clinical internship at the University of Tennessee Counseling Center. She completed a postdoctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the direct supervision of Dr. Bessel van der Kolk, MD. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She has trained with Challenging Racism to facilitate discussions on racism. She is also a certified ancestral medicine practitioner based on the work of Dr. Daniel Foor, Ph.D. She is currently in private practice in Dallas, Texas and practices from an anti-racist, queer-inclusive, and culturally mindful framework. Contact Dr. Fatter directly for opportunities for consultation at info@daphnefatterphd.com

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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