

“Building A Legacy Beyond Trauma-Informed Care: Bridging Historical with Current Practices”

PRE-CONFERENCE

8:30-9:00am Sign-In and Sponsor Spotlights

OPENING

9:00-9:20am Welcome and Invitation to Engagement

9:20 to 10:20am “Trauma and PTSD: A Survivor’s Perspective “ - Rama Kasturi, Ph.D.

Description: Dr. Kasturi will share her experience of trauma related to her cancer journey, as well as what was useful and not useful during the treatment of her trauma.

Objectives:

- Participants will understand that a cancer journey can be very traumatic to both patients and their family members
- Participants will understand how misdiagnosis of the patient’s condition led to development of full-blown PTSD with repeated triggering of PTSD
- Participants will learn about medication and psychotherapy strategies that were useful/not useful in the treatment of this patient
- Participants will understand the impact of community service and ECT on this patient’s healing from PTSD and developing resilience and coping mechanisms

10:20 to 10:30am Break (move to breakout rooms for sessions)

10:30am to 12:00pm Concurrent AM Breakout Sessions

A) “An Introduction to Trauma and Grief Component Therapy for Adolescents” – Erna Olafson, PhD, PsyD and Erica D Ogletree, MA, LPCC-S, CSOTP, CTRP-CT, TGCTA-CT

Description: This session will give an overview of Trauma and Grief Component Therapy for Adolescents (TGCTA). It will primarily focus on the ways in which TGCTA differs from other current child and adolescent trauma and grief treatments. There will also be small group practice of unique exercises from the grief module. Session will close with questions and answers about TGCTA implementation. **Level of Content:** Development of Skills/Knowledge.

Objectives:

- Participants will become aware of the ways in which TGCTA is a cutting-edge group treatment for traumatized and bereaved adolescents, including the harnessing of adolescent peer influence to improve therapeutic outcomes.

- Participants will learn that TGCTA's module about grief experiences offers the only available youth treatment for prolonged grief disorder that is consistent with DSM-5 and will learn and practice exercises from the grief module.
- Participants will learn the basics of implementing TGCTA not only for group treatment but also for treatment of individual adolescents.

B) "The Key: Unlocking Health and Happiness with Lessons from Neurology"
– Libby Murdoch, LPCC, LICDC, CCTP-II, CTRTC

Description: In the past decade, the neurobiology of trauma informed care has grown in popularity and in practice. This training explores how we can leave a legacy beyond being trauma informed, by examining how concepts in neurobiology can help us and our clients achieve true psychological freedom from recreating, reenacting, and re-enforcing outdated narratives and programming from our past. The training is based on the belief that a simple idea can create so much change, and introduces well known concepts in neurobiology in a way that is easy to understand and provides direction for how to implement this new knowledge with simple action steps to enhance health and happiness. Topics that will be explored in the training include: how we are hard-wired for survival, and how that wiring impacts our need for connection, the role of cognitive and feeling based strategies in achieving wellness, and how to create and maintain positive feeling states.

Objectives:

- Participants will learn how our neurobiology was designed to promote survival and explore how these conflicts with cultural perspectives of mental health.
- Participants will learn the neurobiology of how different therapeutic interventions impact the brain and translate to individual change.
- Participants will learn simple action steps they can implement to increase happiness and well-being for themselves and their clients

C) "An Introduction to the Clinical & Personal Use of Emotional Freedom Techniques (EFT)" - Gregory Handleton MA, LPCC-S, TRCC

Description: Known colloquially as "The Tapping Solution," EFT is a treatment and self-help modality that involves gently tapping on specific energy meridian endpoints on the surface of the skin while mentally focusing on a specific aspect of a mental, emotional, or physical problem, memory, or symptom. This breakout session will focus on giving participants both a bird's-eye-view of EFT along with some detailed "how to" information, with special attention being given to how EFT can be used both as a primary treatment modality and as a self-help tool that can be taught to clients, family, and friends...including children.

Objectives:

- Participants will learn about the roots of EFT as an Energy Psychology intervention within the broader field of Psychology, with roots in Acupressure/Acupuncture.

- Participants will learn which conditions EFT can and cannot be used in addressing, which will include validation of the use of other modalities in conjunction with EFT (e.g., DBT, TF-CBT, etc.).
- Participants will be taught EFT's core component, the Basic Recipe, and be introduced very briefly to what EFT's 48 "techniques" are.
- Participants will be provided with two or three brief case-study examples of EFT's successful use in addressing both physical and emotional symptoms.

12:00-1:00pm Lunch Break --- Opportunity to visit sponsors

1:00 to 4:15pm Keynote: "Transforming the Living Legacy of Trauma" – Janina Fisher, Ph.D.

Description: Despite having survived, traumatized individuals are left with only a fragmented and confusing sense of what happened. Traumatic reminders continue to keep the trauma 'alive' by repetitively re-activating the stress response system and survival defenses. But unaware that these reactions are traumatic memories held in the body, survivors assume that they are still in danger or somehow at fault. Without a way to understand sensory and body memories, it is not surprising that survivors come to distrust themselves or distrust others. They still feel unsafe, still re-experience the same emotions of shame, fear, anger and hopelessness over and over again. Telling the story of what they remember sometimes brings relief but does not resolve the 'living legacy' of traumatic reactions that continue to torment the client day after day. In this presentation, participants will learn how to interpret trauma-based symptoms, such as dysregulated autonomic arousal, overwhelming emotions and sensations, intrusive images, numbing and disconnection. They will discover how to use psychoeducation to help clients manage these symptoms and begin to change their relationship to the traumatic events. In addition, participants will be taught neurobiologically-informed treatment techniques that can help resolve the traumatic past and finally put it to rest.

Objectives:

- Describe the autonomic, cognitive, affective and somatic effects of traumatic events
- Identify psychoeducational interventions that support stabilization or offer relief to clients
- Implement mindfulness-based techniques to challenge conditioned patterns of response
- Integrate somatic interventions that regulate a traumatized nervous system
- Utilize worksheets to discover and address trauma-related symptoms

Agenda:

1:00-2:30pm Why time does not heal traumatic wounds

- The neurobiology of trauma: how 'the body keeps the score'
- Traumatic reactions to normal life as a survival response
- The 'living legacy' of past traumatic experience
- Why trauma leaves a living legacy rather than memory
- How to recognize situation responses versus trauma responses

2:30pm-3:00pm Neurobiologically-informed trauma treatment approaches

- Psychoeducation as a treatment for trauma
- Focus on the effects rather than on the events
- Differentiating implicit and explicit traumatic memory
- Working with a traumatized nervous system
- Expanding the Window of Tolerance

3:00-3:15pm Break

3:15pm-3:45pm Empowering trauma survivors through psychoeducation

- How information affects the brain
- Changing roles: from victim to survivor
- Somatic interventions for a traumatized body and nervous system
- Transformation as the goal rather than processing
- The role of practice and repetition

3:45pm-4:15pm Resolution and healing

- The building blocks of self-compassion
- Appreciating the child who survived
- Feeling 'here, now'

4:15-4:30pm

Evaluation/CEUs/Attendance

Closure