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.

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 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.

Outline
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 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

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.

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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.