Making Sense of the Complexities of Trauma

In this seminar, Dr. Hartman-Hall provides an in-depth look at the etiology of PTSD and complex trauma symptoms as well as guidelines for thorough assessment and treatment planning. Practical strategies are presented for managing clinical challenges including self-injury, treating trauma in various settings, and managing dissociation. Avoiding clinician burn-out is also a focus. This seminar provides tools developed from clinical experience and the research literature that you can start using right away to help your clients who are struggling with trauma symptoms. Includes DSM-5 changes to diagnosis of trauma disorders.

Learning Objectives

At the end of this seminar, participants will be able to:
1. Identify diagnostic challenges in working with clients who have experienced trauma.
2. Explain how current symptoms may reflect adaptations to traumatic experiences.
3. Describe important features of a complex trauma syndrome.
4. Identify several strategies for helping clients manage self-injurious and suicidal behaviors.
5. Describe vicarious traumatization and the importance of clinician self-care.

Target Audience

Psychologists
Social Workers
Counselors
Psychiatrists
Nurses
Course Level: Advanced

Recording Options

TZK seminars provides live webinars, home study versions, and recorded versions. The live webinar and home study include a post-test for CE credits. The recorded version is available for 1 year from the starting date.

Outline

PART ONE: Understanding Complex Trauma Syndromes
Etiology and Prevalence
Understanding Symptoms
Diagnosis, Including DSM-5 Diagnosis

PART TWO: A Trauma-Informed Approach to Clinical Work
Setting the Frame for Trauma Work
Therapeutic Relationship - The Critical Component
Trauma Assessment and Treatment Planning
Specific Treatment Strategies
Targeting Treatment Challenges

PART THREE: What About You?
Vicarious Traumatization
Burnout
Self-Care for the Clinician
Additional Resources

Our seminars are available in two formats: The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. 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.

General Information

The TZK seminars 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 tzkseminars.com to the Contact page to request accommodations. This seminar has been approved and reviewed by Keptach Han

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 6 CE’s for attending one session. Other requirements for CE credits include:

- Social workers completing this course receive 6 continuing education credits.
- Psychologists earning CE’s must attend the entire webinar. No partial credit is available.
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The Presenter

Dr. Heather Hartman-Hall, a licensed psychologist, earned her Ph.D. in Clinical Psychology from American University in 2000. She has provided crisis counseling, individual/group psychotherapy, consultation and assessment for adolescents and adults in a variety of settings including a state psychiatric hospital, a juvenile facility, elder care facilities, primary care, and private practices. For more than a decade, she conducted individual and group psychotherapy with psychiatric inpatients presenting with difficulties including severe mental illness, substance abuse, cognitive impairment, significant trauma histories, dissociative symptoms, and self-harming behaviors. She has provided training, supervision, consultation, and program development on topics including assessment, self-injury, psychological trauma, and working with older adults. She has extensive experience in psychological assessment, including assessment for cognitive impairment and the effects of psychological trauma.

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