

COVID 19: Trauma-Informed Stabilization Tools

This webinar will provide hands-on tangible instruction of specific trauma-informed interventions you can use with your clients to help them cope with the COVID 19 pandemic. Relevant research findings from previous pandemics will be reviewed to help inform mental health interventions during the pandemic. Dr. Fatter will demonstrate specific interventions for hyper-arousal symptoms to help manage anxiety and emotional overwhelm and specific interventions for hypo-arousal symptoms to help manage shock, dissociation and emotional shut down. This webinar will be largely experiential so that participants can get a felt sense of how it feels to practice these interventions. Dr. Fatter will teach bilateral tapping (an interventions from EMDR), somatic interventions, and specific breathing techniques to help increase a sense of safety and connect to sense of resilience and relational support to mitigate the impact of social isolation. Dr. Fatter will offer ways to use sensory input from items in one's home to help clients self-soothe. In addition, Dr. Fatter will describe two cognitive interventions to help client's cope with rumination and nervous system activation. Mindfulness resources and use of ritual will also be discussed as a means to connect to one's external environment and help with the regulation of collective grief.

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 relevant research findings from previous pandemics that inform mental health care for the COVID 19 pandemic.
2. Describe how news and social media exposure can lead to poor mental health outcomes.
3. Identify specific interventions for specific client hyper-arousal vs hypo-arousal symptoms.
4. Utilize bi-lateral stimulation to help clients connect to a sense of safety and connect to relational resources to mitigate the impact of social isolation.
5. Demonstrate 2 somatic resources to teach your clients to decrease anxiety.

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
What We Know from Previous Pandemics
Practices for Stabilization
Bi-Lateral Stimulation Resources
Break 12:30-12:45 PM ET
Somatic Resources & Breathing Techniques
Sensory Resources
Cognitive Resources
Mindfulness Resources & Use of Ritual
Containment Visualization
End 2:15 PM ET

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.

Continuing Education Credit

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 up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Daphne Fatter, Ph.D. earned a Masters in Transpersonal Counseling Psychology from Naropa University in 2006. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University in 2011 and completed her clinical internship at the University of Tennessee Counseling Center. She completed a post-doctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the supervision of Dr. Bessel van der Kolk, MD. During her postdoctoral fellowship, she completed a nine-month training program in Traumatic Stress Studies and also managed a pilot study on using neurofeedback to help treat posttraumatic stress disorder. For over a decade she has studied in both Buddhist and Taoist meditation traditions and has published on mindfulness. She has served as an ad-hoc expertise reviewer in the area of mindfulness from 2011-2013 for the Journal of Counseling Psychology, European Journal of Counseling Psychology, Psychotherapy, and Mindfulness Journal. She has taught mindfulness meditation at the Southern Methodist University, the University of Colorado at Boulder, the Pennsylvania State University, and the University of Tennessee Knoxville. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She is EMDR certified and is a Certified Internal Family Systems therapist. She has also completed advanced training in Cognitive Processing Therapy. She currently in private practice in Dallas, Texas.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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