

# Rochelle Calvert - Trauma Treatment Toolbox

Faculty:

Rochelle Calvert

Duration:

6 Hours 20 Minutes

Format:

Audio and Video

Copyright:

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## Description

Effective trauma treatment requires more than a “one-technique-fits-all” approach. To be an effective clinician, you need an entire toolbox of skills in order to obtain the most positive outcomes for your clients.

**Mounting evidence tells us that mindfulness and somatic-based practices** may be the future of successfully healing the entire person in the treatment of trauma and stress disorders. These approaches have shown the ability to radically improve a traumatized client’s suffering and quality of life.

This groundbreaking workshop will give you the opportunity to learn and explore the top techniques and practices within mindfulness and somatic-based trauma healing. You’ll walk away with tips and tools that you didn’t know you were missing, and you’ll be equipped to apply these practices in session. Gain specific guidance on safe and effective skills to help you confidently work with your clients’ trauma and support their emotional, physical and mental well-being.

## You’ll walk away from this recording with:

- Top mindfulness techniques specifically designed to treat trauma, stress and PTSD
- Targeted somatic interventions designed for improved outcomes
- Steps to incorporate the body into your current therapeutic approach
- Skills to manage vicarious trauma/secondary traumatic stress

Discover how you can take trauma treatment to the next level with mindfulness and somatic techniques to treat the whole client– body and mind!

## Handouts

## Outline

### **Understanding Trauma, Stress, PTSD and Complex PTSD**

- Differentiate and Identify:
  - Acute Stress
  - PTSD
  - Complex PTSD
- Unresolved Trauma
- Assessment Measures for Trauma
- Ranges of Response to Trauma

### **Psychobiological, Social and Mindfulness-Based Orientations to Healing Trauma**

- Trauma's Impact on the Brain and Body
- Social Orientation Challenges
- How Mindfulness Can Help with Healing

### **Top Trauma-Informed Mindfulness Techniques**

- Techniques for Working Skillfully with Arousal States
- Orienting and Shifting Attention
- The Natural Environment and Grounding
- Relationship and Community Support

### **Top Somatic-Based Trauma Treatment Interventions**

- Read the Body and Teach Body Awareness
- Cultivating Sensory and Perception Awareness
- Movement Practices to Restore Healing
- Embodied Breath Practices
- How to Support with Safe Touch

### **How to Assess if Mindfulness and Somatic Practices are Right for Your Client**

- Types of Symptom Expressions
- Level of Dissociation
- Difficulty of Functioning in Life
- Coping Skills
- Understanding Arousal States

### **Vicarious Trauma: What Clinicians Need to Know for Improved Outcomes**

- Grounding During Difficult Sessions
- Mindfulness and Somatic Practices to Support Overwhelm
- Common Therapist Triggers
- Ongoing Support

## Faculty

**Rochelle Calvert, Ph.D., B.C.B.A.-D Related seminars and products: 5**

New Mindful Life

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**Rochelle Calvert (Voth), Ph.D., CMT, SEP, BCBA**, is the founder of New Mindful Life. She has studied mindfulness for the past 16 years and has taught classes, courses, workshops and retreats. Rochelle leads classes/courses/seminars in Six-week Introductory Training in Mindfulness, (S.I.T.), Awake in the Wild- Nature-Based Mindfulness retreats, Mindfulness-Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT), Mindfulness Based Eating, Mindful Parenting and Mindful Workplace. She also facilitates professional trainings in mindfulness for clinicians and travels the country teaching seminars for PESI. She also works as clinical psychologist in private practice in San Diego.

Rochelle offers mindfulness, nature-based therapy and somatic experiencing as a psychologist with New Mindful Life. Her therapeutic approach includes teaching people individual mindfulness meditations – both indoors and outdoors – specific to their unique concerns to support healing. She also integrates somatic experiencing healing (body-based healing through nervous system reorganization) with the mindfulness and nature-based meditation practices. Rochelle has therapeutic specialty areas of training to support integration of these services to individuals struggling with life transitions, depression, anxiety, PTSD, pain conditions, eating disorders, as well as families of developmentally delayed children/adults.

### Speaker Disclosures:

**Financial:** Rochelle Calvert is in private practice. She receives a speaking honorarium from PESI, Inc.

**Non-financial:** Rochelle Calvert is a member of the American Psychological Association; and the Association for Behavior Analysis.

## Proof Content



Handouts



4.2 MB



1. Trauma Treatment Toolbox. Top Mindfulness Techniques and So... .mp4



3.7 GB

