

Jennifer Sweeton - Trauma, PTSD & Traumatic Grief

Faculty:

Jennifer Sweeton

Duration:

Full Day

Format:

Audio and Video

Copyright:

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Description

- Dozens of Practical Assessment, Diagnosis and Intervention Strategies
- Latest Neuroscience Applications for Trauma Treatment
- Evidence-Based Therapeutic Techniques
- Multisensory Interventions to Treat the Whole Person

Complete this training program to gain a set of organized skills and knowledge to intervene effectively with traumatized clients. Join Dr. Sweeton to learn the standard of care for treatment in the field of traumatic stress – and its key ingredients. Take home assessment tools that assess clients' symptoms and therapy progress, discover how traumatic experiences impact the brain, and learn how to use this knowledge along with the Three-Stage Consensus Model to develop individualized treatment plans for clients.

During the workshop, engage in live practice of multiple brain rewiring techniques that can help traumatized clients recover from trauma and develop resilience after trauma. In addition, become familiar with the uniqueness of traumatic grief and learn how to address traumatic grief while implementing a variety of trauma-based interventions. Incorporate evidence-informed treatment techniques for establishing safety, desensitizing and reprocessing traumatic memories, recovering from traumatic loss, and assisting clients in reconnecting to lives full of hope, connection and achievement.

OUTLINE

Trauma

- Recognize and define trauma
- Single event vs. complex
- Intergenerational trauma
- PTSD

- Acute Stress Disorder
- Adjustment Disorder
- Differential Diagnosis-DSM-5®

Trauma and the Brain, Body, Mind: Immediate Assessment & Intervention

- Assess symptom clusters
- Review effective assessment tools
- Therapeutic relationship
- Commitment to treatment
- Trauma and the triune brain
- Disruptions in neural systems
- Attention
- Memory
- Affective stimuli

Loss and Traumatic Grief: Immediate Assessment & Intervention

- Traumatic and complex grief
- Grief, bereavement and DSM-5®
- Recovery from traumatic grief

Immediate Interventions: Understand the Three-State Consensus Model

- 3 phases of trauma focused treatment:
 - Stabilization
 - Integration
 - Reconnection
- Manage body dysregulation & intrusive thoughts
- Explore effective treatment modalities
 - EMDR
 - Trauma-Focused CBT
 - Prolonged Exposure
 - Cognitive Processing Therapy
 - Narrative Therapy
- Explore adjunct treatment approaches
 - Somatic and focusing intervention components
 - Mindfulness-informed components
 - Acceptance and Commitment
 - Therapy components
 - Spiritual adaptations
- Building client resilience
- Address vicarious trauma in mental health providers

OBJECTIVES

- Describe the etiology and impact of traumatic stress on the client utilizing multiple assessment strategies.
- Identify the neurophysiological effects of trauma on the brain.
- Identify the four active ingredients to heal trauma.
- Demonstrate multiple treatment approaches to properly select the one that best fits the current phase of a client's trauma experience.
- Recognize the biopsychosocial and spiritual manifestations of trauma, PTSD, and traumatic grief within the three phases of trauma recovery.
- Detect and build resiliency from your own trauma exposure response.

ADA Needs

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Handouts

Webcast Manual (4.64 MB)

107 Pages

Available after Purchase

Faculty



Jennifer Sweeton, Psy.D., M.S., M.A. Related seminars and products: 12

Organizational Consultant, Clinical Psychologist

Mind Works Professional Education Inc

Dr. Jennifer Sweeton is a licensed clinical psychologist, author, and internationally-recognized expert on trauma, anxiety, and the neuroscience of mental health. Dr. Sweeton has been practicing EMDR for nearly a decade and has treated a variety of populations using EMDR and other memory reconsolidation approaches, including combat veterans, individuals with PTSD and complex trauma, and those suffering from treatment-resistant anxiety.

She completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Center for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University, and studied behavioral genetics at Harvard University.

Dr. Sweeton resides in the greater Kansas City area, where she owns a group private practice, Kansas City Mental Health Associates. She is a past president of the Oklahoma Psychological Association and holds adjunct faculty appointments at the University of Kansas School of Medicine. She is the president-elect of the Greater Kansas City Psychological Association. Dr. Sweeton offers psychological services to clients in Oklahoma, Kansas, and internationally, and is a sought-after trauma and neuroscience expert who has trained thousands of mental health professionals in her workshops.

Speaker Disclosures:

Financial: Jennifer Sweeton is in private practice. She has an employment relationship with the Oklahoma City VAMC. Dr. Sweeton receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Sweeton has no relevant non-financial relationship to disclose.

Proof Content

	Handouts			4.6 MB
	1. Trauma, PTSD Traumatic Grief. Effectivemp4			3.2 GB