

The Psychophysiology of PTSD and Trauma: how we can make Trauma Therapy safer: Video Course

Babette Rothschild

Video Course

CPD hours: 12 / CE credits: N/A

Price: £249



Online video access remains available for 1 year from the date you receive the video course.

PTSD can be viewed as a condition where the body and mind have not, yet, recognized that a traumatic event is over. The body's nervous system continues to mobilise for defensive fight / flight or protective freeze. At the same time, PTSD can be seen as **a failure of *mindful dual awareness*, which results in over reliance on, and hypervigilance for internal cues and symptoms and an inability to recognise the present as different from the past.**

This practical workshop which would be relevant for psychotherapists, counsellors, clinical psychologists, psychiatrists and social workers is aimed at **equipping delegates with neurophysical and psychophysical theory, principles and tools** – which allow us in our therapeutic interactions to help our clients:

- Enable the nervous system to recognise when trauma is over;
- by understanding, reducing, containing and halting **traumatic hyperarousal**, including flashbacks
- and benefit from **body-oriented interventions** that assist in integrating traumatic memories, with a view to increasing stability and improving quality of life

Through case-vignettes and examples, delegates will learn to:

- distinguish between clients who will benefit from the processing of traumatic memories and clients who will not – we consider specific therapeutic skills for helping both groups
- comprehend the structure of the body's nervous system and understand how we can **employ the sensory nervous system for mediating flashbacks and nightmares**
- effectively utilise the autonomic nervous system for moderating arousal levels
- Discern relaxed (muscular states) from calm (nervous system states)
- Incorporate mindfulness, yoga and physical exercises in our therapeutic approach
- Clearly **delineate between traumatic stress, post-traumatic stress and post-traumatic stress disorder**

- Gain tools for protecting ourselves from vicarious trauma and compassion fatigue

The workshop is consistent with and would be a beneficial adjunct to multiple modalities of psychotherapy or specialised trauma therapy (including analytical, dynamic and somatic approaches, cognitive behavioural and EMDR).

Participants will each receive a copy of the 6-colour ANS table to keep and continue to use in their work and for their own self-care.

About the speaker

Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of five books, all published by WW Norton: *The Body Remembers -The Psychophysiology of Trauma and Trauma Treatment* (a bestseller, translated into 12+ languages); *The Body Remembers CASEBOOK – Unifying Methods and Models in the Treatment of Trauma and PTSD*; *Help for the Helper–The Psychophysiology of Compassion Fatigue and Vicarious Trauma*; *8 Keys to Safe Trauma Recovery*, and *Trauma Essentials: The Go-To Guide*. She is also the Series Editor of the WW Norton *8 Keys to Mental Health Series* (14 titles and growing). After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles. There, she is writing her next books while she continues to lecture, train, and supervise professional psychotherapists worldwide. Her sixth and newest book, *The Body Remembers, Volume 2, Revolutionizing Trauma Treatment* was published in June 2017.

Workshop Learning Objectives:

The Goals of Trauma Therapy

- Improvement and Decompensation
- Defining the terms
- Therapy planning

Recovery and Resolution

- Distinguishing between client categories
- The brain and the central nervous system
- Video Vignette: Sensory Cues

The Sensory Nervous System

- Understanding technique: Dual awareness
- Balancing the interoceptive and exteroceptive
- Stabilising exteroceptors and resources
- Resources for mediating Traumatic Stress

Precision Regulation

- Regulating the Autonomic Nervous System
- The Secret Life of the Brain

Revising the Window of Tolerance

- Practice: Observing the Autonomic Nervous System
- Muscle tone and containment
- Misdiagnosing – beware the wrong road

Applying techniques in practice

- Video Case Vignette



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