

Video Resource Pack: Managing those Difficult PTSD and Complex Trauma Challenges

Video resource pack
Babette Rothschild & Dr Janina Fisher

Video Course
CPD hours: 15 / CE credits: N/A

Price: £285 instead of the regular price of £340 (a saving of £55)



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

This video resource pack includes:

- *Body-Oriented Therapy for PTSD & Complex Trauma: A Somatic Approach to Complex Traumatic Stress (Dr Janina Fisher)*
- *Revolutionising Trauma Therapy: Expanding Therapy Options and Tools for Therapists and their Clients (Babette Rothschild)*

PTSD is an indicator that the body and mind have not, as yet, recognised that a traumatic incident is over. As a result, the body's autonomic nervous system responds by continuously mobilising for the defensive flight / fight or protective freeze. In addition, PTSD is (in large part) **a failure of *mindful dual awareness*, which leads to an inability to recognise the present as *different* from the past.**

Part 1 (CPD hours: 3 / CE credits: N/A):

In surviving trauma, individuals are left with a host of easily re-activated physical responses and an inadequate memory record. Traumatic reminders keep the trauma 'alive' by repetitively re-activating the stress response system and survival responses. As a result, **our clients continue to feel that they are still in danger, still inadequate or at fault.**

In this intellectually stimulating and therapeutically oriented seminar, psychotherapists and counsellors will learn how to assess and make sense of trauma-based somatic symptoms and **how to apply neurobiologically informed therapy techniques drawn from Sensorimotor Psychotherapy** – a body-oriented talking therapy.



Using a mindfulness-based approach, participants will be introduced to understanding 'trauma' not as an event but as a **'living legacy' of overwhelming emotions and sensations, intrusive images and memories, impulsive acting out, numbing and disconnection.**

Workshop outline:

- The neurobiology of trauma: why we need to work with the body
- The 'living legacy' of traumatic experience: what perpetuates post-traumatic stress
- Sensorimotor Psychotherapy: **principles and interventions for befriending and resolving trauma symptoms**

Part 2 (CPD hours: 12 / CE credits: N/A):

This professional training will equip participants with neurophysical and psychophysical theory and principles and apply them to update the mind, brain, and nervous system to recognise when trauma is over – whether or not trauma memories are ever processed. Through a variety of activities, including lecture, discussion, exercises, practice, and video demonstrations, participants will gain knowledge and skills for treating traumatised clients of all ages and backgrounds.

This professional training is consistent with and a beneficial adjunct to *any* method of psychotherapy, or specialised trauma therapy (e.g., analytical, dynamic and somatic approaches, cognitive-behavioral, and EMDR).

Attendees will be able to:

- Provide options for trauma *recovery* and trauma *resolution*
- Predict and **distinguish those clients who will benefit from processing trauma memories from those who will not**
- Gain specific skills for helping both groups
- Discuss the structure of the body's nervous system
- **Develop the ability to interpret and modulate the body's nervous system (sensory and autonomic)** to regulate arousal levels in clients and for safer trauma therapy
- Also develop the ability to interpret and modulate the body's nervous system (sensory and autonomic) to regulate arousal levels for professional self-care
- Differentiate *two types of freeze states* from *two classes of hypo-aroused states*
- Employ the sensory nervous system to mediate flashbacks and nightmare
- Discern a relaxed (muscular) state from a calm (nervous system) state
- Adapt mindfulness, yoga, and physical exercise to be accessible to clients with dysregulated nervous systems and PTSD
- Identify and acquire **recovery options and strategies for trauma clients inappropriate for trauma memory processing**, particularly for those who don't want to and those who decompensate or dysregulate from memory work
- Employ the sensory nervous system for *instant* stabilisation during therapy sessions and in daily lives of clients
- Identify both obvious as well as previously unrecognised resources as antidotes to traumatic stress states
- Revived the (too-often) neglected application of therapeutic contracts and treatment planning
- Gain tools to enable trauma clients to make better (and safer) **use of mindful practices such as meditation, MBSR, and yoga**

Video Resource Pack Learning Objectives:

- Describe the autonomic, cognitive, affective and somatic effects of PTSD
- Implement mindfulness-based techniques to challenge procedurally-learned patterns of response
- Identify somatic techniques that regulate a traumatized nervous system
- Discern a relaxed (muscular) state from a calm (nervous system) state
- Adapt mindfulness, yoga, and physical exercise to be accessible to clients with dysregulated nervous systems and PTSD
- Identify and acquire **recovery options and strategies for trauma clients inappropriate for trauma memory processing**, particularly for those who don't want to and those who decompensate or dysregulate from memory work
- Identify both obvious as well as previously unrecognized resources as antidotes to traumatic stress states
- Apply tools to enable trauma clients to make better (and safer) **use of mindful practices such as meditation, MBSR, and yoga**
- Provide options for trauma *recovery* and trauma *resolution*
- Predict and **distinguish those clients who will benefit from processing trauma memories from those who will not**
- Discuss the structure of the body's nervous system
- **Develop the ability to interpret and modulate the body's nervous system (sensory and autonomic)** to regulate arousal levels in clients and for safer trauma therapy
- Differentiate *two types of freeze states* from *two classes of hypo-aroused states*

About the speakers

Janina Fisher, Ph.D. is a licensed clinical psychologist in private practice; Assistant Educational Director of the Sensorimotor Psychotherapy Institute; an EMDRIA Approved Consultant and Credit Provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma, she is the co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* and *Transforming the Living Legacy of Trauma*. Dr Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, go to www.janinafisher.com.

Babette Rothschild, MSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of seven books, (translated into more than a dozen languages including Danish, German, French, Spanish, and Japanese) all published by WW Norton. *Revolutionizing Trauma Treatment: Phased Recovery via Sensory and Autonomic Balance* (2017, 2020); her classic bestseller, *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment* (2000); *The Body Remembers CASEBOOK: Unifying Methods and Models in the Treatment of Trauma and PTSD* (2003); *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma* (2005); *8 Keys to Safe Trauma Recovery* (2010); and *Trauma Essentials: The Go-To Guide* (2010). She is also the Series Editor of the WW Norton *8 Keys to Mental Health Series* (12 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. For more information, visit her website: www.trauma.cc



This Video Resource Pack does not qualify for CE credits.

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Questions and requests for information: customerservices@nscience.co.uk

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