

Revolutionising Trauma Therapy:
Expanding Therapy Options and Tools for Therapists and their Clients
An online training workshop over three evenings with
Babette Rothschild

Zoom Webinar
21, 22 and 23 March 2024, Thursday, Friday & Saturday
Times on all three days:
4:00 pm – 8:00 pm, London UK
12:00 noon – 4:00 pm, New York, USA

CPD hours: 12 / CE credits: N/A

Super early bird ticket: £200
Early bird ticket price: £230
Regular price: £270



Location: Online streaming only
(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

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.** 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**

OUTLINE

Day 1

- Common Sense
- Major goals for trauma therapy
- Increase our client's self-control and stabilisation
- Improvement vs. Decompensation
- Identifying what works; why clients get worse
- Basic terminology
- Past trauma vs. on-going trauma
- Identifying and agreeing on therapeutic goals
- First steps and mis-steps
- **Pierre Janet's phased pacing**
- Trauma recovery vs. trauma resolution
- Therapeutic limitations
- Resources, resources and more resources

Day 2

- Cultural Differences
- Distinguishing types of trauma clients
- Predicting client capacities
- **The trauma compromised cortex**
- Clear thinking
- Somatic markers: emotional and body memory
- Nervous system organisation
- Sensory nervous system
- Dual awareness and stabilisation



- The art of interruption
- Dual awareness and PTSD
- Gaining control of flashbacks and nightmares
- Distinguishing Current Distress: triggers, flashbacks, memories, actual danger

Day 3

- Mindfulness to benefit both client and therapist
- Adapting mindfulness, yoga, MBSR for PTSD
- Autonomic nervous system, update
- Prioritising integration: keep the cortex online
- 2 types of freeze
- 2 types of hypo arousal
- **Applying autonomic nervous system to provide safer trauma therapy**
- Identifying helpful vs. unhelpful catharsis
- Muscle toning
- Pulling it all together: live client consultations

Learning Objectives:

- 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
- Develop the ability to interpret and modulate the body's nervous system (sensory and autonomic) to regulate arousal levels for professional self-care
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About the speaker

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
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There is no known commercial support for this program

This course does not qualify for CE credits.

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