Processing Trauma and Building Resiliency

Friday, September 29, 2017
Sabin 207, UNI Campus
CEUs (6.0)

AGENDA

9-10:30 am: Overview of trauma on the brain, body, and self-system
10:45-12 pm: Grounding and resiliency building (time for practice)
12-1:00 pm: Lunch
1-2:30 pm: Traumatic memory targeting and bracketing (time for practice)
2:45-3:30 pm: Trauma processing (time for practice)
3:30-4 pm: Clinical considerations & questions

PRESENTING

Matthew Vasquez, PhD, LMSW

This intensive one day workshop will provide the clinical social work practitioner an advanced understanding of the neurophysiological, cognitive, emotional, and behavioral functioning of those exposed to traumatic incidents (e.g., physical, emotional, and sexual abuse, disasters, etc.). Based on this knowledge, participants will learn a new, client-centered, multi-modal form of trauma treatment that can be used to 1) enhance client safety and resiliency, and 2) quickly and safely process acute to moderately complex forms of trauma. This intervention draws upon techniques from many current evidence-based trauma treatments (e.g., EMDR, mindfulness, and sensorimotor psychotherapy) and more traditional trauma/mental health practices (e.g., somatic experiencing and body-centered psychotherapy), and is flexible enough in its application that it can be incorporated with other forms of therapy. Significant class time will be devoted skill building through role-plays and instructor observation.