Evidence and Practice Based Strategies for Resolution of Traumatic Stress: Addressing Acute and Complex Trauma

Presented by
J. Eric Gentry, Ph.D

Learning Objectives:

- Increase your understanding of new developments in the trauma field
- Improve knowledge of the relationships between trauma, affective dysregulation, addiction/ self-harming behaviour, damaged self structures and impaired interpersonal capabilities.
- Increase your capacity to assess, treat and refer clients with history of repeated trauma
- Learn the secret “active-ingredients” employed by all effective treatments for traumatic stress to lessen symptoms;
- Appreciate the crucial importance of understanding the role of the Autonomic Nervous System in both the causation and resolution of traumatic stress symptoms;
- Teach you clients how to regulate and control their Autonomic Nervous System instead of being victimized by it.
- Learn why and how relational factors are critical to effective treatment and how to maximize these factors throughout the course treatment;
- Learn the six empirical markers to know when you have “good enough” safety and stabilization with traumatized clients to transition into the memory processing phase of treatment;
- Why and how narratives are the most effective form of exposure in desensitizing trauma memories;
- Brief Resolution of trauma memories; Experientially learn protocol for utilizing a CBT 5-narrative approach for desensitizing and reprocessing trauma memories in one clinical session.
- Gain immediate mastery with understanding and treating traumatic stress.
Program Outline

• Effects of Complex PTSD
• Understanding and diagnosing Complex PTSD and Trauma
• Insecure and/or Traumatized Attachments
  o Hyper-arousal
  o Affect dysregulation
  o Difficulties related to self soothing
  o Underdevelopment/lack of development of self capacities
• Recognizing the role trauma plays in numerous forms of psychopathology and psycho-physical distress
• Changing the Paradigm. (Benish et al, 2008)
• Three Evidence-Based “Active Ingredients” for the Effective Treatment of Traumatic Stress
  • Scott Miller & The First Most Powerful Predictor of Positive Outcomes Skilled utilization of the SRS
  • Viktor Frankl & The Second Most Powerful Predictor of Positive Outcomes
  • Tools for Hope (Gentry, 2012): Perceived Threat, Autonomic Nervous System and Self-Regulation
• Tri-Phasic Model for Treating Traumatic Stress (Herman, 1992) – Standard Of Care
  - Safety & Stabilization
    o Six Empirical Markers
    o Skills-Building
      ▪ Non-hypnotic Safe-Place/Anchoring/Grounding
      ▪ 3-2-1 Sensory for Self-Rescue for Abreactions
      ▪ Envelope Containment Technique/Incomplete Session
      ▪ 5-Second Diaphragmatic Breathing
      ▪ Postural grounding
• Traumatic Stress: Illness or Injury?
• Anatomy of a Traumatic Response
• IATP Five-Narrative Approach for Desensitizing & Reprocessing Trauma Memories
  Experiential
  1. Graphic Time-Line Narrative
  2. Written Narrative
  3. Graphic (Non-verbal) Narrative
  4. Verbal Narrative
  5. Recursive Narrative

• Closure and evaluation