

# Integrating Traumatic Memories: Conceptualization and Clinical Considerations in Evidence-based Approaches to Trauma Processing

After clients are stable enough to begin delving into traumatic memories, many clinicians struggle with determining which method to use for trauma processing. This webinar will specifically focus on the second phase of trauma recovery, processing and integrating traumatic memories in trauma treatment. Dr. Fatter will review the nature of traumatic memory and how it differs from non-traumatic memory. The two “gold standards” evidence-based models for trauma exposure therapy will be presented: prolonged exposure therapy and cognitive processing therapy. In addition, eye movement desensitization and reprocessing (EMDR) and internal family systems, two research-supported models, will also be discussed. This webinar will describe how each model differs in its conceptualization of trauma and specific treatment approach in integrating traumatic memories. A case example will be used. Clinical considerations including strategies to know your client is or is not ready for trauma processing will be presented. In addition, ways to determine your client is “done” with the trauma processing stage of treatment will be reviewed.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Report clinical issues that mean that clients are not ready for trauma processing.
2. Explain factors in deciding which trauma processing model to use in trauma treatment.
3. Describe 4 research-supported trauma processing models.
4. Explain 3 signs to know your client is “done” with the trauma processing stage of trauma treatment.
5. Identify culturally relevant information to find out from clients before trauma processing.

## Seminar Schedule

Typically begins at 11 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 11 AM ET  
What is Trauma Processing?  
Defining trauma processing  
Nature of Traumatic Memory  
Is Your Client Ready for Trauma Processing?  
Evidence-based Treatment  
Prolonged Exposure Therapy  
Break 12:30-12:45 PM ET  
Cognitive Processing Therapy  
EMDR  
Internal Family Systems  
Factors in Choosing Which Trauma Processing Model to Use  
Case Example  
Who is Trauma Processing Not Appropriate for?  
How do you know you are “done” with trauma processing?  
End 2:15 PM ET

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### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Daphne Fatter, Ph.D. is a mid-career psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. She is also certified in EMDR and has completed advanced training in Cognitive Processing Therapy. She draws on her background in transpersonal psychology, Taoist and Buddhist meditative practices, and clinical work with traumatic memory, grief, and attachment wounds to guide trainings for other psychotherapists. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University and completed her clinical internship at the University of Tennessee Counseling Center. She completed a postdoctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the direct supervision of Dr. Bessel van der Kolk, MD. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She has trained with Challenging Racism to facilitate discussions on racism. She is also a certified ancestral medicine practitioner based on the work of Dr. Daniel Foor, Ph.D. She is currently in private practice in Dallas, Texas and practices from an anti-racist, queer-inclusive, and culturally mindful framework. Contact Dr. Fatter directly for opportunities for consultation at [info@daphnefatterphd.com](mailto:info@daphnefatterphd.com)

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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