

An Integrated Approach to Treating Complex Trauma

The term trauma is used to describe the challenging emotional consequences experienced by someone who has lived through a distressing event. These consequences can involve Post-Traumatic Stress Disorder (PTSD), which has been identified as a global health issue, with prevalence rates ranging from 1-3% to 37.4% (and even higher in clinical populations). But what happens when the trauma occurs early in life, and/or involves on-going or repetitive exposure to traumatic events? In these cases, individuals will often experience Complex Post-Traumatic Stress Disorder (C-PTSD), and/or dissociative disorders such as Dissociative Identity Disorder (DID).

As our understanding of trauma continues to evolve, so does our understanding of how to treat it. In this webinar, Sheri Van Dijk will teach some essential perspectives and skills to help you and your clients get unstuck in treatment. In this webinar you will learn leading edge, evidence-based principles in the treatment of clients experiencing the sequelae of trauma, including the difference between PTSD and C-PTSD; theories to inform treatment of clients with complex trauma histories; and skills to help clients ground and regulate emotions.

Target Audience

Psychologists
Therapists

Social Workers
Psychiatrists

Counselors
Nurses

Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will:

1. Identify the difference between PTSD and C-PTSD
2. Name the three phases in the treatment of complex trauma
3. Explain the basics of Polyvagal Theory and the Theory of Structural Dissociation of the Personality
4. Explain dissociation and its implications for therapy
5. Identify how to use a Parts approach in therapy

Seminar Schedule

Typically begins at 12 PM and ends at 4:15 PM Eastern time. However, check the webinar schedule.

Outline

Begin 12 PM ET

Difference between PTSD and Complex PTSD
The Triphasic approach to treating C-PTSD
Introduction to Polyvagal Theory
The basics of dissociation

Break 1:30-1:45 PM ET

Introduction to Structural Dissociation of the Personality
Using a Parts approach in therapy
Helping clients stabilize through grounding, re-regulating, and resourcing

End 4:15 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 4 CE's for attending once they have completed these requirements.

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The Presenter

Sheri is a registered Social Worker who has been working in the mental health field since 2000, both at a community hospital outpatient clinic and now in her full-time private practice. Sheri works with clients aged 16 and older who are experiencing severe mental health problems; she has had extensive training in mindfulness and dialectical behavior therapy (DBT) and has been running DBT-informed groups since 2004.

Sheri is the author of nine DBT books for both adults and teens, the focus of which is to teach clients how to use DBT skills to help them live emotionally healthier lives. She has also written *DBT Made Simple*, the aim of which was to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder; and she has been presenting extensively in Canada and abroad with this goal as well. Sheri is the winner of the R.O. Jones award for her research on using DBT skills with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

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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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