

An Overview of Effective Treatments for Trauma

Post-Traumatic Stress Disorder (PTSD) can be challenging and debilitating, and many treatments fall short of achieving lasting and meaningful change for patients suffering from it. In this seminar, Dr. Jonah Paquette will help demystify PTSD and bring your knowledge and skills related to treating trauma to the next level. Attendees will gain understanding around the development and maintenance of trauma, as well as understanding the impact of social and cultural factors in the development of PTSD. In addition, participants will learn about well-established evidence-based treatments for trauma (such as CPT, PE, and EMDR), along with promising emerging treatments that are gaining traction in the field (including MDMA-assisted therapy and IFS). Best of all, attendees will learn practical and tangible tools that they can begin using with their patients immediately.

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. Identify key diagnostic considerations for PTSD and how these have evolved over time
2. Explain models for understanding how and why PTSD is developed and maintained across the lifespan
3. Identify key brain regions involved in PTSD, as well as common nervous system responses that often follow trauma
4. Utilize evidence-based treatments for PTSD and explain the key similarities and differences across these approaches
5. Explain the emerging concept of posttraumatic growth and how these ideas can be incorporated into treatment and recovery

Seminar Schedule

Begin 12 PM EST and end 7:00 PM, with 15 minute breaks at 1:30 and 5:30, and a 30 minute lunch break at 4 PM

Outline

Begin 12 PM ET

Core symptoms and common presentations of PTSD
Assessing for PTSD
Complex PTSD
Cultural Considerations

Break 1:30-1:45 PM ET

The impact of PTSD on the Brain and Body
Core survival responses following trauma

Lunch Break 4-4:30 PM ET

An overview of evidence-based treatments for PTSD
Emerging treatments for PTSD
Key ingredients and common factors in treating trauma

Break 5:30-5:45 PM ET

Posttraumatic Growth and Resiliency
Clinician self-care and vicarious trauma

End 7 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credits

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 6 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.
SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 6 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tkkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.
tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.
tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.
tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.
tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.
tkkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.
tkkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

The Presenter

Jonah Paquette, PsyD, is a licensed clinical psychologist, speaker, and author. He is the author of *Real Happiness: Proven Paths for Contentment, Peace, and Well-Being* (PESI Publishing, 2015), a research-based self-help book in which he distills the key findings in the fields of happiness, and offers user-friendly tools to achieve lasting well-being. His second book, *The Happiness Toolbox* (PESI Publishing, 2018), a research-based self-help workbook, provides easy-to-use handouts and worksheets designed to increase happiness and life satisfaction.

Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette's clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

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.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



tzkseminars, LLC
2110 South Eagle Road
P.O. Box 310
Newtown, Pa. 18940