

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

Dr. Daphne Fatter, PhD, is an IFS Certified licensed psychologist and an Approved IFS Clinical Consultant. She is also EMDR Certified and an EMDRIA Approved Consultant. With nearly two decades of experience, she specializes in trauma treatment, including PTSD, complex trauma, and grief. Dr. Fatter completed her doctorate at The Pennsylvania State University and a postdoctoral fellowship at the Trauma Center affiliated with Boston University School of Medicine under the supervision of Dr. Bessel van der Kolk, traumatic stress pioneer. She has authored works on trauma healing and is known for her insightful presentations worldwide. Based in Dallas, Texas, she provides consultation to clinicians in her private practice.

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