

Utilizing Phase-Oriented Treatment, Polyvagal Theory & Adjunctive Interventions to Regulate Arousal in Trauma Treatment

Learning how to pace therapy and navigate clients' emotional window of tolerance are key foundations of successful trauma treatment. In this webinar, Dr. Fatter will review the impact of traumatic stress on the brain in tangible ways to help clinicians better conceptualize how trauma alters the body's arousal system. Dr. Fatter will discuss in detail symptoms of hyperarousal, and hypoarousal states of the autonomic nervous system. This will help clinicians know signs of what state clients are in and help clinicians be able to educate clients about their nervous system. Coping skills for hyper-arousal and hypo-arousal will be reviewed. The evidenced-based three phase-oriented treatment approach will be examined so clinicians learn a framework for pacing the intensity of trauma treatment. In addition, we will explore three research-informed adjunctive therapies to help clients maintain stabilization and regulate arousal.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

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

1. Describe four ways that traumatic stress impacts the brain.
2. Identify several signs of when clients are either hyperaroused or hypoaroused in trauma treatment.
3. Report why pacing in trauma treatment is important based on brain research.
4. Describe three evidence-based phases of trauma treatment.
5. Explain three research-informed adjunctive therapies that can help clients manage getting overwhelmed and/or emotional numbing.

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

Begin 11 AM ET

How Brain Research Informs Treatment
Impact of Traumatic Stress on Brain
States of Autonomic Arousal
Coping skills for Hyper-arousal and Hypo-arousal
Evidence-based Phase-Oriented Treatment

Break 12:30-12:45 PM ET

Stabilization
Trauma Processing & Grieving
Present Day Life
Signs & Symptoms of Clients Getting Outside of their Window of Tolerance
Three Research-Informed Adjunctive Therapies to Regulate Arousal
Clinical Considerations for each adjunctive treatment.

End 2:15 PM ET

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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., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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