

Practical Strategies for the Treatment of Trauma: A Clinician's Toolkit

In this seminar, Dr. Hartman-Hall reviews empirically validated treatments for PTSD and trauma symptoms. Practical strategies are presented for managing clinical challenges including self-injury and dissociation. Ideas for addressing sleep disturbance and chronic pain will be discussed. Clinician self-care and managing vicarious traumatization is also a focus. This seminar provides tools developed from clinical experience and the research literature that you can start using right away to help your clients who are struggling with trauma symptoms.

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. Describe how current symptoms may reflect adaptations to traumatic experiences
2. Identify major components of empirically-validated treatments for PTSD
3. Explain the importance of cultural sensitivity in trauma work
4. Identify strategies for helping clients manage co-morbid symptoms including self-injurious and suicidal behaviors, sleep disturbance, and pain
5. Recognize vicarious traumatization and the importance of clinician self-care

Seminar Schedule

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

How To Register: On-Line at tzkseminars.com

Register On-Line for only \$59

Outline

Begin 10 AM ET

Fight or flight response
Cultural factors PTSD
Diagnosing trauma disorders
Treatment planning
Empirically validated treatments for PTSD

Break 11:30-11:45 AM ET

Stage model for complex trauma
Strategies for safety
Dissociation
Managing sleep and pain symptoms
Vicarious trauma and therapist self-care
End 1:15 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. Heather Hartman-Hall, a licensed psychologist, earned her Ph.D. in Clinical Psychology from American University in 2000. She has provided crisis counseling, individual/group psychotherapy, consultation and assessment for adolescents and adults in a variety of settings including a state psychiatric hospital, a juvenile facility, elder care facilities, primary care, and private practice. For more than a decade, she conducted individual and group psychotherapy with psychiatric inpatients presenting with difficulties including severe mental illness, substance abuse, cognitive impairment, significant trauma histories, dissociative symptoms, and self-harming behaviors. She has provided training, supervision, consultation, and program development on topics including assessment, self-injury, psychological trauma, and working with older adults. She has extensive experience in psychological assessment, including assessment for cognitive impairment and the effects of psychological trauma. Dr. Hartman-Hall has served as the Director of Training, a clinical supervisor, and a regular seminar presenter for an APA-accredited clinical psychology pre-doctoral internship. She currently provides assessment, intervention, and consultation in a primary care setting and is a faculty member of an internal medicine residency program.

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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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