

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
Therapists
Social Workers
Psychiatrists
Counselors
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

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

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

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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.

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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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