

An Integrated Approach to Treating Complex Trauma

The term trauma is used to describe the challenging emotional consequences experienced by someone who has lived through a distressing event. These consequences can involve Post-Traumatic Stress Disorder (PTSD), which has been identified as a global health issue, with prevalence rates ranging from 1-3% to 37-4% (and even higher in clinical populations). But what happens when the trauma occurs early in life, and/or involves on-going or repetitive exposure to traumatic events? In these cases, individuals will often experience Complex Post-Traumatic Stress Disorder (C-PTSD), and/or dissociative disorders such as Dissociative Identity Disorder (DID).

As our understanding of trauma continues to evolve, so does our understanding of how to treat it. In this webinar, Sheri Van Dijk will teach some essential perspectives and skills to help you and your clients get unstuck in treatment. In this webinar you will learn leading edge, evidence-based principles in the treatment of clients experiencing the sequelae of trauma, including the difference between PTSD and C-PTSD; theories to inform treatment of clients with complex trauma histories; and skills to help clients ground and regulate emotions.

Target Audience

Psychologists
Therapists

Social Workers
Psychiatrists

Counselors
Nurses

Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will:

1. Identify the difference between PTSD and C-PTSD
2. Name the three phases in the treatment of complex trauma
3. Explain the basics of Polyvagal Theory and the Theory of Structural Dissociation of the Personality
4. Explain dissociation and its implications for therapy
5. Identify how to use a Parts approach in therapy

Seminar Schedule

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

Outline

Begin 12 PM ET

Difference between PTSD and Complex PTSD
The Triphasic approach to treating C-PTSD
Introduction to Polyvagal Theory
The basics of dissociation

Break 1:30-1:45 PM ET

Introduction to Structural Dissociation of the Personality
Using a Parts approach in therapy
Helping clients stabilize through grounding, re-regulating, and resourcing

End 4:15 PM ET

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Continuing Education Credit

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The Presenter

Sheri is a Social Worker who has been working with clients with severe mental health problems since 2000. With extensive experience in a hospital as well as community setting, Sheri now sees clients in private practice, and provides consultation and training internationally to other clinicians. Sheri has had extensive training in dialectical behavior therapy (DBT) and mindfulness and has been providing DBT-informed therapy to individuals and groups since 2004. In 2010 Sheri was the winner of the R.O. Jones award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference.

Sheri is the author of numerous books that focus on helping readers learn DBT skills and apply them to a variety of mental health problems, including *The DBT Workbook for Emotional Relief*; the best-selling *Don't Let Your Emotions Run Your Life for Teens*; and her newest book, coming in 2025, *The DBT Workbook for C-PTSD*. Sheri trained in Eye Movement Desensitization and Reprocessing (EMDR) in 2018 and is an EMDRIA-approved Consultant; she is a member of the International Society for the Study of Trauma and Dissociation (ISSTD), and is a consultant for the ISSTD's EMDR training 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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tzkseminars, LLC
168 West Lake Drive
Annapolis, Md. 21403