

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	Social Workers	Counselors
Therapists	Psychiatrists	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

Daphne Fatter, Ph.D., is a licensed psychologist, clinical consultant, author, and international speaker specializing in integrative trauma-informed therapies. She is the author of Integrating Internal Family Systems Interventions into EMDR Therapy and is widely recognized for her expertise in blending parts work with evidence-based trauma modalities. Dr. Fatter is EMDR certified, an EMDRIA Approved Consultant, and has over twenty years of experience providing trauma treatment. As a certified ancestral healing practitioner, she also supports clients and clinicians in addressing intergenerational and historical trauma. Dr. Fatter earned her Master of Arts in Transpersonal Counseling Psychology from Naropa University and her doctorate in Counseling Psychology from Pennsylvania State University. She completed a postdoctoral fellowship in Clinical Psychology at The Trauma Center under the direct supervision of Dr. Bessel van der Kolk, M.D. She previously served as the Military Sexual Trauma Coordinator at the Fort Worth VA Outpatient Clinic. Her published works span the areas of Internal Family Systems therapy, EMDR, countertransference, mindfulness, and ancestral healing.

Grounded in the understanding that traumatic stress is multilayered—relational, developmental, biological, cultural, systemic, collective, historical, and spiritual—Dr. Fatter brings a neuroscience-based, compassionate, humble, and skills-based approach to professional education. She offers engaging workshops, webinars, and trainings on a range of trauma-related topics, including PTSD, complex trauma, complicated grief, and divorce recovery.

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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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