

Integrating Traumatic Memories: Conceptualization and Clinical Considerations in Evidence-based Approaches to Trauma Processing

After clients are stable enough to begin delving into traumatic memories, many clinicians struggle with determining which method to use for trauma processing. This webinar will specifically focus on the second phase of trauma recovery, processing and integrating traumatic memories in trauma treatment. Dr. Fatter will review the nature of traumatic memory and how it differs from non-traumatic memory. The two “gold standards” evidence-based models for trauma exposure therapy will be presented: prolonged exposure therapy and cognitive processing therapy. In addition, eye movement desensitization and reprocessing (EMDR) and internal family systems, two research-supported models, will also be discussed. This webinar will describe how each model differs in its conceptualization of trauma and specific treatment approach in integrating traumatic memories. A case example will be used. Clinical considerations including strategies to know your client is or is not ready for trauma processing will be presented. In addition, ways to determine your client is “done” with the trauma processing stage of treatment will be reviewed.

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. Report clinical issues that mean that clients are not ready for trauma processing.
2. Explain factors in deciding which trauma processing model to use in trauma treatment.
3. Describe 4 research-supported trauma processing models.
4. Explain 3 signs to know your client is “done” with the trauma processing stage of trauma treatment.
5. Identify culturally relevant information to find out from clients before trauma processing.

Seminar Schedule

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

Outline

Begin 11 AM ET
What is Trauma Processing?
Defining trauma processing
Nature of Traumatic Memory
Is Your Client Ready for Trauma Processing?
Evidence-based Treatment
Prolonged Exposure Therapy
Break 12:30-12:45 PM ET
Cognitive Processing Therapy
EMDR
Internal Family Systems
Factors in Choosing Which Trauma Processing Model to Use
Case Example
Who is Trauma Processing Not Appropriate for?
How do you know you are “done” with trauma processing?
End 2:15 PM ET

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Continuing Education Credit

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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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