

# 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

Typically begins at 10AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

How To Register: On-Line at [tzkseminars.com](http://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., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022. To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration. If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



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