Complex Trauma
- What is it?
- What are its effects?

Trauma, Pain, and Suffering
- “Pain is inevitable, suffering is optional”
- Defining pain
- Defining suffering

The Pain Paradox
- Suppression, rejection, or avoidance of pain = increased suffering and decreased awareness
- Nonjudgmental acceptance of pain = decreased suffering and increased awareness

Trauma, Chaos, Pain, & Other Opportunities
- Western cultures’ response to pain, trauma
- Can trauma and posttraumatic distress be reinterpreted?
- Posttraumatic growth

Mindfulness
- Definition * Nonjudgment and acceptance
- Metacognitive awareness

The Therapeutic Relationship
- Primary finding of treatment outcome studies
- Therapeutic relationship as antidote
- Context for attachment-based activations
- Optimal therapist characteristics and behaviors

Deconstructing Trauma:
Cognitive Aspects of Trauma Therapy
- Practicing nonjudgment and acceptance
- Metacognitive awareness revisited
- Nonsuppression * Nonidentification
- Cognitive reconsideration
- Trigger identification and intervention

Titrated Emotional Processing
- Classic exposure therapy
- Encouraging feelings and awareness “Inviting your pain to tea” * The therapeutic window
- Counterconditioning effects of compassion and attuned connection

In this workshop, Dr. Briere describes a nonpathologizing approach to the treatment of complex trauma that involves 4 pathways to trauma resolution:
- Reworking activated attachment schemas in the presence of a compassionate and attuned therapist;
- Reducing negative emotional responses to memory by encouraging awareness and mindfulness during emotional processing;
- Increasing capacity to regulate and tolerate negative emotional states; and
- Helping to change the client’s relationship to his or her internal experience through greater metacognitive awareness.

John integrates Buddhist tenets of impermanence, dependent arising, and loving-kindness into trauma therapy, and reveals how this ancient philosophy can inform and improve modern approaches to treatment.