



# *The Pain Paradox* *Mindfulness, Compassion & Resilience in Trauma Therapy*

Presented by

## **John Briere, Ph.D.**

### **Seminar Description**

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.

Dr. Briere 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.

### **J&K Seminars Home Study Program - 12 hours CE credit**

#### **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

### **John Briere, Ph.D.**

John Briere, Ph.D., is an Associate Professor of Psychiatry and Psychology, and Director of the Psychological Trauma Program at the Keck School of Medicine, University of Southern California. He is also Center Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network.

A past president of the International Society for Traumatic Stress Studies (ISTSS), he is recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association, and the Robert S. Laufer Memorial Award for Scientific Achievement from ISTSS.

He is author or co-author of over 100 articles and chapters, 12 books, and 8 trauma-related psychological tests. He teaches on trauma, therapy, and mindfulness practices internationally. For more information visit his website at [www.johnbriere.com](http://www.johnbriere.com)

Dr. Briere is a gifted presenter with a quick wit and lively sense of humor.

### **Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA**

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