



Practical Strategies for Complex PTSD

An Integrative Mind-Body Approach to Treating Repeated, Chronic, and/or Developmental Trauma

Presented by

Arielle Schwartz, Ph.D., CCTP II

This program will explore the primary symptoms of Complex PTSD (C-PTSD) and provide participants with practical mind-body therapy tools that they can integrate into their work with clients to help them manage intrusive symptoms such as flashbacks, develop emotion regulation, and build distress tolerance. C-PTSD often involves having an extensive history of trauma that begins in childhood and continues into adulthood with layers of personal, relational, societal, or cultural, losses. In this training, participants will develop confidence in your ability to organize and prioritize your client’s treatment goals. Participants will learn how to compassionately and effectively work with clients who have experienced multiple traumatic events and prolonged trauma exposure. Participants will learn strategies that will allow you to help clients with dysregulated affect and arousal. This experiential workshop is based upon Dr. Schwartz’s integrative mind-body treatment manual for Complex PTSD which combines relational psychotherapy, EMDR Therapy, Parts Work Therapy, Somatic Psychology, and mindfulness based therapies.

AGENDA

Understanding Complex PTSD

- Defining Complex PTSD
- Realities of Working with Complex PTSD (1:29:55)

The Neurobiology of C-PTSD

- The Neurobiology of C-PTSD: Beyond Fight and Flight (1:34:11)

Phase Based Treatment

- Working Through Complex PTSD (1:30:45)

Integrative Mind-Body Approach to Care (1:34:39)

- Introduction to the Integrative Approach
- Relational Therapy
- Mindfulness and Body-fullness
- Parts Work Therapies
- Somatic Psychology
- Exposure and EMDR Therapy

Integration and Closure

- Integration and Installation of Positive Change

Objectives— Participants will be able to:

- Identify the symptoms and etiology that distinguish Complex trauma from traditional PTSD.
- Discuss a phase oriented, evidence-based approach to complex trauma treatment.
- Identify at least five practical mind-body therapy tools to help resource and stabilize clients.
- Describe a mind-body approach to help clients build affect and sensation tolerance.
- Describe how “top-down” and “bottom up” interventions can speed up or slow down the pacing of trauma treatment.
- Practice at least three interventions for working with somatic symptoms in trauma treatment.
- Modify approaches to exposure, desensitization, and memory reprocessing for C-PTSD.

Arielle Schwartz, Ph.D.

Arielle Schwartz is a licensed clinical psychologist, EMDR Therapy consultant, somatic psychotherapist, certified yoga instructor, and internationally sought-out teacher. She is the author of five books, including *The Complex PTSD Workbook* and *The Post Traumatic Growth Guidebook*. She is a leading voice in the treatment of PTSD and complex trauma. She specializes in applied polyvagal theory for trauma recovery.

Her integrative, mind-body approach to therapy includes relational therapy, parts-work therapy, somatic psychology, EMDR Therapy, and therapeutic yoga for trauma. She is dedicated to offering informational mental health and wellness updates through her writing, public speaking, social media presence, and blog. Discover more at drarielleschwartz.com.

Approved Home Study 6.0 CE Hours for Psychologists Counselors Social Workers MFT AOTA

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Practice Level—Intermediate

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