



# The Paradox of Trauma: Facilitating Post-Traumatic Growth (PTG)

Presented by

**Paul Foxman, Ph.D.**

Friday October 7, 2022

**LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET**

## Overview

What does it take to transcend the impact of trauma and achieve happiness, meaning and purpose? Dr. Foxman will distinguish between recovery, resilience and transformation, and explain the difference between the symptom approach (DSM) and post-traumatic growth (PTG) approach to trauma therapy. He will review the research on how trauma impacts emotional and physical health, with emphasis on the disruption to core beliefs that keep many victims stuck in self-limiting narratives and lifestyles.

The workshop will explore the paradox of trauma: how and why some victims are transformed by trauma and go on to live a fulfilling life. He will identify the five manifestations of PTG, along with strategies to help trauma victims grow in positive directions. Dr. Foxman will describe the components of PTG-informed therapy and will reference the tools available for measuring the extent of PTG.

## Objectives

### Participants will be able to:

- Distinguish between trauma recovery, resilience and post-traumatic growth
- Contrast the DSM and PTG approaches to trauma therapy
- Implement 3 strategies for facilitating post-traumatic growth
- Name 5 manifestations of post-traumatic growth
- Refer to 3 measures of post-traumatic growth

## Paul Foxman, Ph.D.

**Dr. Paul Foxman** is Founder and Director of the Vermont Center for Anxiety Care, a psychology practice and therapist training center in Burlington, Vermont. He has over 40 years of professional experience in a variety of settings, including hospitals, community mental health centers, graduate schools in psychology, and private practice.

He is the author of *Dancing with Fear* (2007), *The Worried Child* (2004), *The Clinician's Guide to Anxiety Disorders in Kids and Teens* (2017) as well as other publications on the topic of anxiety including a co-authored casebook, *Conquering Panic and Anxiety Disorders* (2003). His new book, *Traumas and Triumphs: A Psychologist's Personal Recipe for Happiness*, is scheduled for release in May, 2022.

Dr. Foxman's training includes Yale University (B.A. in Psychology), Peabody College of Vanderbilt University (Ph.D. in Clinical Psychology), pre-doctoral internships at the Department of Psychiatry at Mt. Zion Hospital in San Francisco and the Kennedy Child Study Center in Nashville, and training seminars at the San Francisco Psychoanalytic Institute.

As a frequent, international presenter as well as expert on radio and television shows, Dr. Foxman is known for his knowledge and clarity of thought, sense of humor, and engaging speaking style.



# The Paradox of Trauma: Facilitating Post-Traumatic Growth (PTG)

Presented by

**Paul Foxman, Ph.D.**

*Friday October 7, 2022*

**LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET**

## **Audience** **Human Service Professionals**

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- drug & alcohol counselors
- marriage & family therapists
- music therapists
- case managers
- psychiatric nurses
- occupational therapists
- rehabilitation counselors
- graduate students

## **AGENDA**

### ***Friday Morning - 9 a.m.—12:15 p.m. ET***

- Types of trauma
- Impact of trauma on psychological well-being
- Impact of trauma on health outcomes (ACE studies)
- Recovery, Resilience and Transformation
- Stages of PTG therapy
- Strategies for facilitating PTG

### ***Friday Afternoon -1 p.m.—4:15 p.m. ET***

- DSM (symptom-reduction) approach to trauma therapy
- PTG (transformation) approach to trauma therapy
- Goals of PTG therapy
- Strategies for facilitating PTG (continued)
- Manifestations and measures of PTG
- Q&A

## **About our Live Interactive Webinars**

Our Live Interactive Webinars are hosted as Zoom Webinars. Unlike Zoom Meetings, if you have a camera and mike, they will both be muted. You will be able to see and hear the speaker and see the PowerPoint presentation.

We will have Zoom email you links for you to access the Webinar using any computer, tablet, or smart phone that has audio capabilities. There is no need to have a Zoom account. You do NOT need a video camera or microphone. We will email you the handout as a pdf attachment.

You will have the ability to text questions to the speaker and respond to yes and no questions and Poll questions from the speaker during the Webinar (in real time). The speaker will be responding to texted questions during the presentation.

There is no posttest for live interactive Webinars. However, you are required to use an email link we send you at the end of the program to respond to our online Evaluation/Feedback form.

We will email and mail via USPS your certificate within a week of the Webinar. It takes us a few days to verify your attendance and the completion of your Feedback form.

Credit is not offered to live webinar participants watching in groups. Attendees must register and login individually to receive credit.

Please contact us if you have additional questions or concerns.



# The Paradox of Trauma: Facilitating Post-Traumatic Growth (PTG)

Presented by

## Paul Foxman, Ph.D.

Friday October 7, 2022

**LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET**

### Registration Fee

Individual Early Registration (received by September 2nd)	\$145 per person
<b>Two or more together at the same time (by September 2nd)</b>	\$135 per person
Regular Registration (September 3 - September 30)	\$160 per person
Late Registration - (No Registrations After Noon October 6)	\$175 per person

Please Print - Name & Degree as you want them to appear on your CE certificate

Name \_\_\_\_\_ Degree/License \_\_\_\_\_

Agency \_\_\_\_\_

Mailing Address to receive your nametag & receipt: \_\_\_ Home \_\_\_ Work

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (W) ( ) \_\_\_\_\_ (H) ( ) \_\_\_\_\_

Fax ( ) \_\_\_\_\_ Email \_\_\_\_\_

### Additional Information

Your Profession:

Type(s) of CE Credit Desired:

**FID# 23-3072383**

Visa/MC/Disc/Amex# \_\_\_\_\_ Exp. \_\_\_\_\_ Signature \_\_\_\_\_

3-Digit Verification # on back of Visa/MC/Discover \_\_\_\_\_ 4 digit # on front of AMX \_\_\_\_\_

\$ \_\_\_\_\_ Amount Authorized/Enclosed - Make Checks Payable To: **J&K Seminars**

**Send payment & registration form to J&K Seminars, 904 Church Rd, Wyncote, PA 19095 -1601  
OR Register By Phone (800) 801-5415 OR FAX (717) 393-4605 OR online at [www.JKSeminars.com](http://www.JKSeminars.com)**

### 6 Hours Continuing Education Credits for Most Mental Health Professions Including:

Psychologists, Nurses, Social Workers, NBCC Counselors, D&A Professionals, Occupational Therapists

- *J&K Seminars, LLC* is approved by the American Psychological Association to sponsor continuing education for psychologists. *J&K Seminars, LLC* maintains responsibility for this program and its content.
- *J&K Seminars LLC*, Provider #1080, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. *J&K Seminars* maintains responsibility for this course. ACE provider approval period: 01/27/2021 – 01/27/2024. Social workers completing this course receive 6 Clinical continuing education credits.
- NJ Social Workers: Please call *J&K Seminars* for updated status.
- *J&K Seminars, LLC* is an approved provider of continuing education by NAADAC & the Pennsylvania Certification Board -PCB Approved Education for addiction and drug & alcohol professionals
- *J&K Seminars, LLC* has been approved by NBCC as an Approved Continuing Education Provider #5599. Programs that do not qualify for NBCC credit are clearly identified. *J&K Seminars* is solely responsible for all aspects of the programs.
- *J&K Seminars, LLC* is approved as a provider of nursing continuing professional development by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
- *J&K Seminars, LLC* is approved by the PA Dept. of Education to award Act 48 credit
- *J&K Seminars, LLC*, SW CPE is recognized by the New York State Education Department's State Board for Social Work and State Board for Mental Health Practitioners as an approved provider of continuing education for licensed Social Workers #SW-0174, licensed Marriage & Family Therapists #MFT0041, and licensed Mental Health Counselors #MHC-0077 *J&K Seminars, LLC*, is recognized by the **New York State Education Department's State Board for Psychology as an approved provider of continuing education for Licensed Psychologists #PSY-0140.**

Many states accept our Interactive Webinar attendance as Live CE credits. **Practice Level –Intermediate.**

**Refund Policy:** Full refunds for cancellations before the program. No refunds for “no-shows.”

**We accommodate persons with disabilities.** Please let us know of any disability which may require special assistance.

**For more information, phone (800) 801-5415 or email - [JK@jkseminars.com](mailto:JK@jkseminars.com) / FAQ**