

“Trauma Therapy Innovations”
1-hour training for mental health professionals

Course Description

This program starts with an introduction to psychological trauma and impact of trauma. Then a comparison of coping vs. healing treatment approaches, and an explanation of memory reconsolidation – the sequence of activities the brain requires to heal traumatic memories. Finally, a review and description of selected research-supported and cutting-edge trauma treatments, including EMDR, PC, Flash, and intensive trauma-focused therapy.

Presenter Bio

Ricky Greenwald, PsyD, is the founder and executive director of the Trauma Institute & Child Trauma Institute, affiliate professor at the SUNY University at Buffalo School of Social Work, and a fellow of the American Psychological Association. Dr. Greenwald is the author of numerous professional articles as well as several books, including *EMDR in Child & Adolescent Psychotherapy* (1999), *Trauma and Juvenile Delinquency* (editor; 2002), *Child Trauma Handbook* (2005), *EMDR Within a Phase Model of Trauma-Informed Treatment* (2007), *Treating Problem Behaviors* (2009), and *Progressive Counting* (2013). His work has been translated into over a dozen languages. Dr. Greenwald is a leading expert in EMDR as well as the Flash technique, the developer of PC, and a leading expert/developer of intensive trauma-focused therapy.

Target Audience

This training is open to mental health professionals (psychologists, social workers, counselors, couple & family therapists, expressive arts therapists, psychiatrists, psychiatric nurses, etc.) as well as interns and grad students.

Course Agenda/Outline

Intro to trauma & impact of trauma
Trauma healing via memory reconsolidation
Leading and cutting-edge research-supported trauma treatments, featuring EMDR, PC, Flash, and Intensive trauma-focused therapy

Course Objectives

Participants will be able to:

- Explain how unprocessed trauma creates reactivity or the “sore spot” reaction.
- Name and sequence the experiences the brain requires for memory reconsolidation.
- Identify at least three of the leading research-supported trauma healing methods currently available.

Bibliography

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