

Course Description:

This workshop will outline the potential benefits and pitfalls of intensive trauma-focused therapy, review the research, and teach, in detail, how to do it. Participants must already be trained in EMDR or PC, and no modifications of those treatment protocols are proposed. Rather, the focus is on how to sequence the various types of interventions that are normally done over the course of trauma-informed treatment, how to manage certain types of clinical issues, and how to manage the business aspect. In the first two days, participants will learn the step by step system for implementing intensive trauma-focused therapy. In the remaining days, participants will conduct guided/supervised intensive trauma-focused therapy with one another.

The training program involves lecture, demonstration, and in-class practice. This is an **experiential** training, and part of the learning is to practice the interventions with other participants. Although participants are always in charge of what they disclose, many individuals have reported that their participation led to facing personal issues.

Presenter Bio:

For information on your instructor, please visit: <https://www.childtrauma.com/about/faculty>

Target Audience: This is an advanced workshop for mental health professionals who are already trained in EMDR or PC. Also, participants must be able to engage in extensive EMDR or PC, in the client role, without undue risk of destabilization.

Course Content Level: Advanced

Agenda:

Day 1

Evening (6:30-8:30)

- Conducting intensive trauma-focused therapy

Day 2

Morning (9-12:30)

- Organizing treatment: the *Fairy Tale* model
- (15 minute break)
- Conducting a trauma/loss history interview

Afternoon (2-5)

- Enhancing the client's motivation and commitment
- (15 minute break)

- Trauma-informed case formulation

Day 3

Morning (9-12:30)

- Treatment planning and contracting
- (15 minute break)
- Case consultation and problem-solving
- Developing a more secure attachment status

Afternoon (2-5)

- Target order and targeting strategies
- (15 minute break)
- Flash technique

Day 4-5

- Further supervised practice
- Two fifteen minute breaks
- Lunch between 12:30 and 2

Day 6

Morning (9-12:30)

- Stabilization strategies for safety and security
- Self-management skills for stability, competence, and confidence

Objectives:

Participants will be able to:

- Demonstrate how to develop and implement a comprehensive trauma-informed treatment plan.
- Demonstrate how to problem-solve a challenging case using the trauma treatment framework.
- Demonstrate how to implement the set of procedures required to provide intensive trauma-focused therapy to clients.
- Name and sequence the phases of treatment in the trauma-informed phase model.
- Name and sequence the experiences the brain requires for memory reconsolidation.
- Conduct a structured trauma-sensitive initial interview.
- Conduct a structured interview for trauma and loss history.

- Demonstrate how to guide a client to identify and commit to their treatment-related goals.
- Explain to a client how past trauma or loss can lead to ongoing problem behaviors or symptoms.
- Demonstrate how to develop a systematic and comprehensive trauma-informed treatment plan.
- Demonstrate how to problem-solve their own (or their supervisees') challenging cases using the trauma-informed treatment perspective.
- Demonstrate how to guide a client to avoid high-risk situations.
- Identify those clients who may be less than securely attached.
- Demonstrate how to guide a client to visualize an imagery sequence for enhancing attachment status.
- Demonstrate how to guide a client to develop and practice a desired behavior in a challenging situation.
- Describe the advantages and pitfalls of the three major target selection strategies (determining which memory to treat first, next, etc.).
- Explain the difference between a floatback chain and a cluster of related memories.
- Name the five main advantages or benefits of intensive trauma-focused therapy.
- Name the two main pitfalls or challenges associated with intensive trauma-focused therapy.
- Describe the state of the research on intensive trauma-focused therapy.
- Identify the pros/cons for charging only for time used vs. for all time booked.
- Name three adjunctive activities that can be recommended in conjunction with intensive trauma therapy.
- Identify the two main risks to client stability, and the remedies for each.
- Demonstrate how to implement the set of procedures required to provide intensive trauma-focused therapy to clients.

Cancelations:

Please visit: <https://www.childtrauma.com/policies/cancellations>

Grievances:

Please contact: cti@childtrauma.com

Certificates will be available after training completion and be sent via provided email in PDF form. If you have questions or concerns, please contact mxp@childtrauma.com or trainings@childtrauma.com.

There is no conflict of interest or commercial support for this program