Course Outline with Corresponding APA Trauma Competencies Guidelines


• CCC – Cross-Cutting Competencies
• SK - Scientific Knowledge
• PA – Psychological Assessment
• PI - Psychological Intervention
• P – Professionalism
• R&S – Relational & Systems

COURSE OUTLINE

History of Traumatic Stress Treatment – 19th & 20th Centuries


19th Century
• Pierre Janet
• Marc Charcot
• Sigmund Freud
• Joseph Breuer

20th Century
• Joseph Wolpe & Reciprocal Inhibition
• Herbert Benson & The Relaxation Response
• Charles Figley & John Wilson – Dx of PTSD
• Bessel van der Kolk – PTSD as Brain Injury
• Onno van der Hart – Abreaction Re-Evaluated
• Judith Herman – Tri-Phasic Model
• Patricia Resick – CPT
• Edna Foa – PE
• Francine Shapiro – EMDR
• Donald Michenbaum – SIT/CBT for Trauma
• Sandra Bloom – The Sanctuary Model/TIC
• Vincent Felitti – ACES

Active ingredients of Trauma Therapy

• “Active ingredients” or common factors literature conclude that there are certain basics
treatment tasks indigenous to all effective trauma treatments. Recent meta-analytic
data from a multitude of studies is reviewed to extract these “active
ingredients”/common elements of trauma treatment. When these factors are present
treatment with traumatic stress has been shown to be effective in successfully moving survivors through treatment to positive outcomes. These factors are not tied to specific models of treatment, but are elements that can intentionally utilized to improve the delivery of any model.

- The active ingredients are:
  - Development and maintenance of the therapeutic relationship & positive expectancy
  - Psychoeducation/Cognitive Restructuring
  - Exposure/Narrative (Reciprocal Inhibition)
  - Relaxation/Self-regulation

### The Empowerment & Resilience Treatment Structure

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### Stage 1: Preparation & Relationship-Building

**Healing Philosophy and the Person of the Therapist**

<table>
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<tr>
<th>APA Guidelines</th>
<th>(CCC: 2, 7 &amp; 8) (R: 2-3; 8)</th>
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<tr>
<td>How the healer thinks and believes impacts the outcome of clinical work by effecting the relationship or therapeutic alliance.</td>
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• The healer has to be the message, by living the intentional and deliberate life they are asking of clients.
• Capacity Building - Healing as the Activation of Inner Resources
• Philosophy Key Points
  1. Human beings are self-healing organisms
  2. Being human is an on-going act of creation
  3. Trust that the client will have the experience they need to have
  4. Focus on the complex rather than the binary
  5. Live into the future
  6. Possess a curious mind
  7. Be Non-egoic in approach

Positive Expectancy, Placebo & Hope
APA Guidelines. (CCC:2, 7 & 8)(SK: 2)(PI: 1-7; 11) (R: 1-3; 6-8)
• Therapist as Ambassador of Hope
• Positive Expectancy IS Evidence-Based Treatment
• Methods for Inculcating Hope
• Viktor Frankl’s Message

FIT: Building, Maintaining and Enhancing Therapeutic Relationships for Positive Outcomes
APA Guidelines. (CCC:2, 7 & 8) (SK: 2) (PI: 1-7; 11) (R: 1-3; 6-8)
• Scott Miller’s FIT
• SRS & ORS
• Implementation of FIT

Stage 2: Psychoeducation & Skills-Building
Tools for Hope: Perceived Threat, The ANS, Self-regulation & Intentionality
APA Guidelines. (CCC: 1-8) (SK:1-5) (PA: 5) (PI: 1-4; 5-7) (P: 3) (R:1-2; 4-6)
• Psychoeducation – Owner’s Manual for the ANS
• All Stress is Traumatic Stress is Perceived Threat is SNS Dominance
• Traumagenesis – Primary, Secondary & Environmental “Trauma”
  o Past Painful Learning = Perceived Threat in the Present
  o Anterior Cingulate Cortex and Threat Assessment
  o Real vs. Perceived Threat & the Prefrontal Cortex
• Autonomic Nervous System Functioning
  o PNS – Homeostasis/Repair & Self-healing Capacities
  o SNS – Threat Response System
  o SNS Activation Good / SNS Dominance Bad
• SNS Dominance = Diminished Neocortical Functioning and Compulsive/Reactive Behavior
• Yerkes-Dodson: Optimal Functioning = Intentional Energy Management
• Antidote to SNS Dominance: Self-Regulation(Interoception + Acute Relaxation)
• Intentionality requires Self-Regulation
Skills Development: Self-Regulation

- Interoception
- Acute Relaxation Skills
  - Body Scan
  - Skeletal vs. Musculature Body Support
  - Peripheral Vision
  - Pelvic Floor/Psoas Release
- Practice

Assessment & Diagnosis

APA Guidelines. (CCC: 1-6) (SK:1-2) (PA: 1-7) (Pl: 2-3; 5-7) (P: 1; 3) (R:1; 4)

- DSM IV-TR vs. DSM V – Changes in PTSD Diagnosis
- ACES – Screening and Trauma Informed Care
- PCL-5 – Diagnosing PTSD and Documenting Symptoms
- CAPS-5 – Learning the 20 Symptoms of PTSD and the Ways in Which They Impair Functioning
- TRS – Treatment Planning and Outcome Measurement

Cognitive Restructuring in Early Treatment

APA Guidelines. (CCC: 1-4) (SK:1-3) (PA: 1-3; 5-6; 10) (Pl: 2-3; 5-7) (P: 3) (R:1; 4)

- Graphic Time-Line of Life (Using TRS)
  - All Traumatic Experiences with SUDs
  - All Positive Experiences with SUSs
  - Verbal Narrative
- Optimal Adaptation to The Events of Ones’ Life, Not Pathology
- Postmodern Questions for Activating Self-Compassion

Skills Development: Stabilization/Intermediate Treatment

- Tri-Phasic Model – Judith Herman
  - Safety & Stabilization
- Case Management for Safety
- Self-Regulation
- Stabilizing Sleep with Interception & PMR
- Anxiety Management Skills
  - Safe-Place Anchoring with Transitional Object + DTE
  - Thought Field Therapy as Self-Help Strategy for Anxiety Management
  - Diaphragmatic Breathing
- Sensory Grounding and Abreactive Self-Rescue
- Envelope Method for Containment of Traumata and Closing Incomplete Session

Mid-Treatment Assessment: Impairment from Criterion B Symptoms?

- Yes – On to Stage 3
- No - On to Stage 4
Stage 3: Desensitization & Integration

Loss, Grief & Bereavement
- Grief Counseling vs. Grief Therapy (Worden, 2009)
- Normal Grief – Supportive Counseling/Passive Therapist
  - Listening (not talking)
  - Therapeutic Relationship using FIT
  - Psychoeducation/Cognitive Restructuring
  - Case Management
  - Self-regulation
- (Four) Tasks for Mourning
- Complicated Bereavement
  - Perceived Threat/ANS Dysregulation with Loss and Grief
  - Complicated Bereavement as Thwarted Healthy Grieving
- Desensitization & Integration for Complicated Bereavement
  - Therapeutic Relationship
  - Relaxation/Self-Regulation
  - Exposure/Narrative

VA/DoD's Guidelines for Treating PTSD – A Survey of Treatments

APA Guidelines. (CCC: 2; 4; 6; 8) (SK: 1-5) (PA: 1-2; 5) (PI: 1-7; 11) (P: 3) (R: 1; 6)
- Category A (EBTs for PTSD)
  - Cognitive Processing Therapy
  - Prolonged Exposure
  - Stress Inoculation Training/Direct Therapeutic Exposure and other CBT Methods
  - Eye Movement Desensitization & Reprocessing
- Category B
  - Traumatic Incident Reduction
  - Somatic Experiencing
  - Trauma Releasing Exercises
  - Hypnosis/Neuro-Linguistic Programming
  - Psychodynamic
  - Group Approaches
  - Internal Family Systems
  - Emotional Freedom Techniques/Thought Field Therapy (Tapping)
  - Mindfulness-Based Stress Reduction
- Category C
  - Brainspotting
  - Accelerated Resolution Therapy
  - Acceptance and Commitment Therapy
- CAM
  - Yoga
Skills Development: Narrative Exposure Therapy – 5-Narrative Model

APA Guidelines. (CCC: 2; 4; 6; 8) (SK: 1-5) (PA: 1-2; 5) (PI: 1-7; 11) (P: 3) (R: 1; 6)

- Preparation
  - Non-abreactive
  - Requires Client to be Proficient with Self-Regulation
- Graphic Time Line
  - Beginning
  - End Point
  - Sequencing Sensory Components of Memory
- Written Narrative
  - Two 5-Minute Halves
  - Intermission
- Pictorial Narrative – 6 pictures
- Verbal Narrative
- Recursive Narrative
- Closure

Stage 4: Posttraumatic Growth & Resilience

APA Guidelines. (CCC: 2; 4; 6; 8) (SK: 1-5) (PA: 1-2; 5) (PI: 1-7; 11) (P: 3) (R: 1; 6)

Strategies for accomplishing:
  - Sustaining Stabilization
  - Self-regulation of physiology
  - Self-regulation of behaviors
  - Self-regulation of emotions
  - Meaning-making
  - Reconnection

Posttraumatic Growth
  - Spiritual Maturation
  - New Opportunities
  - Greater Strength
  - Greater Appreciation
  - New Relationships

Forward-Facing Trauma Therapy™ - Healing the Moral Wound
  - Self-regulation & DTE
  - Covenant & Code of Honor
  - Intentional, Principle-Based Living
**Presentation:**

**Live**
- Lecture/Didactic
- Experiential
- Role-Play
- Case Presentation

**On-Line**
- Lecture/Didactic
- Experiential
- Role-Play
- Case Presentation

**DVD**
- Lecture/Didactic
- Experiential
- Role-Play
- Case Presentation