Learning Objectives for Trauma Treatment in Practice Training Synchronous, Interactive Training

Participants will be able to connect clients' current symptoms to past, painful experiences in order to direct treatment. Participants will be able to notice and decrease distress in central nervous system. Participants will be able identify and work through general states of central nervous system activation.

**Part 1- Healing Through the Trauma Lens**

Welcome, Introduction and Set Intentions- 5 min

Stages of Trauma Recovery- 5 min

Creating Safety in Sessions- 5 min

Noticing- 5 min

Window of Tolerance- 5 min

Understanding Triggering (Activation, Flashbacks)- 5 min

Making Connections to Past Painful Experiences/Trauma process- 10 mins

Demonstration Making Connections- 10 min

Options for Working with Activations/Reducing Trauma Symptoms in Therapy-10 min

**Part 2- Self Regulation and Resourcing A Feel Great Training Opportunity!**

Welcome and Set Intentions- 5 min

Noticing and Co-Regulation Basic Understanding- 5 min

Somatic Tracking and Demo- 10 min

Physical Settling Techniques: Feel your feet, Scent, Butterfly hug, 4 Elements, Head holds- 10 m

Mental Settling Techniques: Life Affirming Moments, Container and Demo- 15 mins

Emotional Settling Techniques: Music, Pleasing pictures, Calm Place and Demo- 10 mins

Spiritual/Natural Settling Techniques: Healing Team and Demo- 10 mins

Other settling options and Wrap Up- 3 min

**Part 3- Somatic Lens**

Welcome, Goals, & Objectives—Somatic Lens - 5 mins

Safety & Triune Nervous System- 5 min

Deb Dana's Polyvagal Ladder and terminology- 10 min

Social Nervous System- 5 min

Sympathetic nervous system charge, i.e. fight, flight & ways to release- 20 min

Parasympathetic nervous system charge, i.e. freeze, collapse & ways to release- 15 min

Creative Opposition- 5 min

Fawning- 2 min

Structure session and moving up and down through polyvagal ladder/nervous system- 10 min

Goals of treatment- 3 min

Keeping self regulated & Loving Kindness Meditation- 5 min

Wrap up and thanks- 2 min