
Synchronous, Interactive,
Online Training!



Register today at
<https://tinyurl.com/traumabasics>
Registration closes 01/26/24

Trauma Basics

with Kris SantaMaria, LCSW and Tonya Ridings, LCSW

Part One: Feb 2nd, 2024, 1:00–3:30

Connect clients' current symptoms to past, painful experiences in order to direct treatment.

Part Two: Feb 9th, 2024, 1:00–4:00

Learn to notice and decrease distress in the body.


Part Three: Feb 16th, 2024, 1:00–4:00

Learn to identify and work through general states of central nervous system activation, fight, flight, and freeze.

\$275 without CEs

\$300 with 8 CE hours for professional counselors, LCSW, ASW, MFT and LEPs

For more information, go to: www.riverbendcounseling.com/traumabasics



Riverbend Integrative Trauma Treatment, provider number 1807, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Riverbend Integrative Trauma Treatment is solely responsible for all aspects of the program.

Trauma Basics has been approved by NBCC for NBCC credit. Riverbend Integrative Trauma Treatment is solely responsible for all aspects of the program. NBCC Approval No. SP-4221.

Trauma Basics

Agenda

TRAUMA BASICS

Part 1- Healing Through the Trauma Lens

1:00pm – 3:30pm Friday, February 2nd, 2024

1:00pm – 1:10pm Welcome, Introduction and Set Intentions
1:10pm – 1:30pm Understanding Triggering (Activation, Flashbacks)
1:30pm – 1:40pm Questions
1:40pm – 1:55pm Understanding and Creating Safety in Sessions, Structuring Session
1:55pm – 2:05pm Questions
2:05pm – 2:25pm Demonstration Making Connections
2:25pm - 2:45pm Practice with a Partner
2:45pm – 3:05pm Practice Partner Switch
3:05pm – 3:15pm Options for Working with Activations/Reducing Trauma Symptoms in Therapy
3:15pm – 3:30pm Questions and Wrap Up

TRAUMA BASICS

Part 2- Self Regulation and Resourcing

A Feel Great Training Opportunity!

1:00 pm – 4:00 pm Friday, February 9th, 2024

1:00pm – 1:10pm Welcome and Set Intentions
1:10pm – 1:20pm Noticing and Co-Regulation Basic Understanding
1:20pm – 1:30pm Window of Tolerance and Creating Safety in Sessions
1:30pm – 1:50pm Container and Practice
1:50pm – 1:55pm Pleasing Music, Pictures
1:55pm – 2:15pm Calm Place and Practice
2:15pm – 2:20pm Healing Light
2:20pm – 2:35pm Break
2:35pm – 2:45pm Life Affirming Moments and Practice
2:45pm – 3:05pm Healing Team
3:05pm – 3:10pm 4 Elements
3:10pm – 3:25pm Loving Kindness Meditation
3:25pm – 3:45pm Other ideas to learn on own, ideas from group to add to list
3:45pm – 4:00pm Questions and Wrap Up

TRAUMA BASICS

Part 3- Central Nervous System Activation

1:00 – 4:00pm Friday, February 16th, 2024

1:00pm – 1:10pm Welcome and Set Intentions
1:10pm – 1:20pm Goals & Objectives—Somatic Lens
1:20pm – 1:35pm Window of Tolerance & Triune Nervous System
1:35pm – 1:45pm Deb Dana and Ladder
1:45pm – 2:00pm Somatic Tracking demo
1:55pm – 2:15pm Somatic Tracking practice
2:15pm – 2:25pm switch partners
2:25pm – 2:40pm Break
2:40pm – 2:50pm Mental & Emotional Tools for Regulation & Releasing
2:50pm – 3:00pm Physical & Spiritual Tools for Regulation & Releasing
3:05pm – 3:15pm Releasing Charge demo
3:15pm – 3:30pm Releasing Charge practice
3:30pm – 3:45pm Switch Partners
3:45pm – 4:00pm Fawning, Questions, and Wrap Up

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