



Learning Objectives for Trauma Basics 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.

TRAUMA BASICS

Part 1- Healing Through the Trauma Lens

1:00pm – 3:30pm Thursday, May 11th, 2023

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 Thursday, May 25th, 2023

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	Pleasant 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

● 172 S Pantops Drive, Suite C, Charlottesville, VA 22911 ●

● phone: (434) 961-2555 ● fax: (434) 961-2556 ●

ritt@riverbendcounseling.net



TRAUMA BASICS

Part 3- Vagus

1:00 – 4:00pm Thursday, June 8th, 2023

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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